

Day Menu

Breads

- Regular
- Dark rye pumpernickel
- Rye caraway
- Pretzels (Estella)

Butters

- Dill onion
- Roasted garlic
- Raw garlic
- Bacon Blue
- Honey Butter

Pickles

- Bean
- Mushroom
- Asparagus
- Eggs
- Beet (purchased)

cheese spreads

- tvarog
- sweet almond
- savory almond
- potted cheese

1pm Hot dish – Girdle Cakes (James) Cereal and Legume Girdle Breads (4 batches, batch is 5 cakes each cake in ¼'s)

- wheat, pea flour
- barley, pea flour
- oat flour, pea flour
- wheat, chickpea flour
- barley, chickpea flour
- oat flour, chickpea flour

2pm– Apple and cherry puffs (Anja)

3pm hot dish – French toast with pear filling(Louisa)

5pm re-set

Feast Menu

5:30 pm soups

- Leek - Anja's version of the Leek soup for a Fat Day
- Aptel suppe
- Chicken/Barley/Mushroom - Quick Chicken and Mushroom soup

5:50 - Main course – Pork Roast w/spaetzel, cherry sauce, apple compote and hot kraut

- Pork Roast– Recipes from descriptions and Le Viandier
- Onion sauce
- Jager Gravy
- Cherry sauce

- Apple compote ?
- Spätzle - (traditional German)
- How To Make Sauerkraut | Easy And Homemade - Easy to make homemade sauerkraut. (served hot)

6:10 - Main course – Lemon Chicken w carrots & parsnips in butter sauce and kaldes kraut

- Chicken with Lemons - 201 How to prepare a capon with lemons - *From Das Kuchbuch de Sabina Welserin*
- Root veg with butter sauce
- Kaltes Kraut - [http://www.ubs.sbg.ac.at/sosa/lucull/MI128\(62\).htm](http://www.ubs.sbg.ac.at/sosa/lucull/MI128(62).htm) - from MI 128, fol. 325V-

6:30pm - Main course – Weiner schnitzel (pork/veal/chicken) with cucumber salad

- Authentic Wiener Schnitzel Recipe - By [Jennifer McGavin](#)
- Jager Gravy (Louisa)
- Cucummern - Cucumber Salad – Rumpoldt
- Beet Sauce (redacted from Rumpoldt)

6:50 - Main course – Bieroks and onion pie with mustards and cauldes kraut.

- Bierok (Runza)
- Homemade Hot Wine Mustard
- Pear Mustard (Spicy German pear/wine)
- Onion pie

7:10 –Sweet Table – subtleties first, then roll out the table.

Chess sets - subtlety

- Basic Marzipan – vanilla and beet
- Shortbread – Chess boards and cookies – cocoa powder added to chess board “black” squares
- 1, 2, 3, 4 Shortbread – recipe by Anja -

***** - Cookie**

- Lebkuchen –
- Springerle - Authentic German Springerle - Author: Kimberly Killebrew -
- Pfeffernusse
- Ginger nuts - GINGER NUTS – Mine
- Marzipan Shortbread
- Shrewsbury Cakes

***** Cake/Tart**

- Louisa’s pear and plum tarts
- Cherry tart
- Seed cakes

***** - Tiny cups**

- Sugar-Preserved Strawberries
- Sugar-Preserved raspberries
- Fig pudding
- Pear pudding
- Apple Compote - Apple Muse

The Cookbook

Main Dishes - pg.5

5	Main	Pork Roast-
5	Sauces	Onion sauce (with pork roast recipe)
6	Main Dishes	Chicken with Lemons
7	Main Dishes	Weiner schnitzel (pork/veal/chicken) with cucumber salad
9	Main Dishes	Bierok (Runza)

Sides - pg.11

11	Sides	Spätzle - (traditional German)
12	Sides	How To Make Sauerkraut Easy And Homemade - Easy to make homemade sauerkraut. -]
13	Sides	Root veg in butter sauce.
14	Sides	Kaltes Kraut
15	Sides	Cucummern - Cucumber Salad
17	Sides	Beet Sauce (redacted from Rumpolt)
17	Sides	Onion pie -

Sauces - pg.18

18	Sauces	Cherry Sauce for Pork
19	Sauces	Apple compote
19	Sauces	Jager Gravy
20	Sauces	Pear Mustard

Subtleties - Pg. 21

21	Subtleties	Basic Marzipan vanilla, orange blossom, rose, saunders cocoa
22	Subtleties	1, 2, 3, 4 Shortbread - recipe by Anja -
22	Subtleties	Vanilla extract
24	Subtleties	Forgotten cookies (baked merigue, mushroom caps)
24	Subtleties	Mushrooms

Sweets - pg.25

25	Sweets	Pure Maple Candy
26	Sweets	Fig pudding - Welserin
27	Sweets	Apple Compote - Apple Muse
27	Sweets	Lebkuchen (Hard Gingerbread)
29	Sweets	Pfeffernusse
30	Sweets	Ginger nuts - GINGER NUTS - Mine
31	Sweets	Shrewsbury Cakes (version 2015)
32	Sweets	Louisa's pear and plum tarts
34	Sweets	Sugar-Preserved Strawberries
36	Sweets	Seed Cake (English, 1640) -
38	Sweets	Pear pudding - Combined set of recipes

Appetizers, hot - pg.39

39	Appetizers, hot	spenat
40	Appetizers, hot	Girdle Cakes [Kit version 2/20]
41	Appetizers, hot	Ein spise von birn, French toast with pear filling

Appetizers, cold - pg.42

42	Appetizers, cold	Pickled eggs with beets & onion for 50 43
	Appetizers, cold	Pickled Mushrooms in Burgundy
44	Appetizers, cold	Gallon recipe for Pickling Broth
44	Appetizers, cold	Winter Pickle Recipe (generic)

Cheeses - pg.45

45	Cheeses	Almond cheese - Edited Recipe -
47	Cheeses	Anja's Tvarog
48	Cheeses	Potted Cheddar with Bacon and Shallots

Breads - pg.49

49	Breads	Dark Pumpernickel Rye Bread
51	Breads	Loren's basic bread loaf recipe for a 2 pound breadmaker
51	Breads	Variation - Rye/Caraway

Butters - pg. 52

52	Butters	Bacon Blue
52	Butters	Dill onion
52	Butters	Honey Butter
52	Butters	Raw garlic
52	Butters	Roasted garlic

Soups - pg.54

54	Soups	Anja's version of the Leek soup for a Fat Day
55	Soups	Aptel Suppe -
56	Soups	Quick Chicken and Mushroom soup

Dishes Contemplated and tried, but not used.... - pg.57

57	Dishes Contemplated and tried, but not used....	Apples with Sweet Cicely
57	Dishes Contemplated and tried, but not used....	Clams!
57	Rice with almond milk and sugar from Ein Buch	von guter spise
58	Dishes Contemplated and tried, but not used....	Sausages, swimming
59	Dishes Contemplated and tried, but not used....	Cherry tart -
60	Dishes Contemplated and tried, Homemade Hot Wine Mustard	
60	Dishes Contemplated and tried, but not used....	Springerle -
62	Dishes Contemplated and tried, but not used....	Marzipan Shortbread Cookies
64	Dishes Contemplated and tried, but not used....	Apple and cherry puffs

Main Dishes

5:50 - Main course – Pork Roast w/spaetzel and hot kraut. cherry sauce and apple compote

Pork Roast with onion sauce – Recipes from descriptions and Le Viandier

- 2 ½ lb Pork roast (tenderloin)
- 3 large onion, chopped
- 1/4 cup caraway seed
- 1/2 cup of sauerkraut juice
- ½ cup white wine vinegar
- Garlic powder
- Salt
- 1 stick butter
- ½ cup white wine
- 2 Tbsp prepared horseradish
- Salt to taste



Method

1. Put the roast into a crockpot on high.
2. Pour 1 cup of the onion and the sauerkraut juice and vinegar over the roast. Salt lightly and sprinkle with garlic powder and caraway seed. (Can sub juice and/or vinegar with white wine.)
3. After 2 hours turn the roast other side up and spoon juices over.
4. After another 2-3 hours check the temperature of the roast. If it is at least 150F, turn to “keep warm” and do the rest of the steps as soon as possible.
5. Melt butter in a large frying pan.
6. Add the rest of the onions, white wine.
7. Simmer until onions are transparent.
8. Add the drippings and pan scrapings and onions from the crockpot and bring up to temp.
9. ½ hour before serving, pull the roast, platter and slice.
10. Serve the sauce on the side.

Sauce from Le Viandier - 31. Roast pork. - Eaten with verjuice. Some make a sauce (to wit, add garlic, onions, wine and verjuice to the roast drippings in the pan). In a pie; eaten with verjuice.

6:10 - Main course – Lemon Chicken w carrots & parsnips in butter sauce and kaldes kraut

Chicken with Lemons

Ingredients

- Chicken Breasts and Thighs (boneless/skinless)
- Salt
- Mace
- Cinnamon
- lemon zest
- Sprinkle of beef bouillon

Method

1. Add ½ cup lemon juice and ½ cup water to your pan.
2. Lay the chicken parts out in your pan, preferably on a grill, so they're being steamed rather than poached.
3. Sprinkle with salt, mace and cinnamon.
4. Crimp on the lid.
5. Bake at 350F for 20 minutes per pound. (Approximate time)
6. Baste every ½ hour and check temp once it starts looking done.
7. Flip at 1 hour and sprinkle with spices.
8. Continue basting every ½ hour and checking temp and flipping each hour until it reaches 155F, then baste one more time and sprinkle it with lemon zest.
9. When it reaches 165, turn off the pot, take off the lid and let it stand for 10 minutes before you lift it out, then serve.



To pre-cook follow through step 7. At that point, keep cooking until the interior temps reach 165. Refrigerate immediately. One hour before serving lift the lid and sprinkle with lemon zest, then re-crimp and heat at 350F until heated through, then serve.

201 How to prepare a capon with lemons - From Das Kuchbuch de Sabina Welserin

First take a capon, which should have been stabbed two days before, in this way it becomes tender. When it is cold, let it freeze and pluck it beforehand, When it is not cold, it should not be plucked before it is needed. Afterwards wash it clean and put it in a thoroughly clean ox bladder and tie it up well with raffia, so that no water can get inside. And salt the capon inside and put some mace and cinnamon thereon, after that put it into a pot and fill it with water and let it cook until it is done. Afterwards take the capon of the bladder along with the broth. And remove the wings, thighs and heart and lay it in a dish and cut two lemons into very thin slices and put them all over the capon and pour over it the capon broth which was in the bladder. If there is not enough, one can also pour a good meat broth over it. And set it over the heat and cover it with a bowl and let it cook, not too long, or else the broth will become bitter from the lemons. When it is ready, one should serve it. It is a good dish.

6:30pm - Main course – Wiener Schnitzle (veal, pork/chicken) with cucumber salad and beet and horseradish relish

Authentic Wiener Schnitzel Recipe - By [Jennifer McGavin](#) - Updated 06/03/19 - <https://www.thespruceeats.com/wiener-schnitzel-recipe-1447089>

Ingredients [Comments below and changes in brackets in the recipe]

- Cutlets - 2 veal, 2 pork and 2 chicken
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- 4 eggs (large and well-beaten)
- 2 cups breadcrumbs
- ½ bacon grease, ½ butter for frying, (lard is traditional)



Method

1. Gather the ingredients.
2. To pound meat thinly, place the cutlet in a heavy Ziploc. Leave end open.
3. Pound the meat evenly to 1/4-inch thickness for best results.
4. To bread the schnitzels, set up 3 shallow dishes: place the flour and salt in one dish, the eggs in the second dish, and the breadcrumbs in the third dish.
5. In a large skillet, heat at least 1/4-inch of grease.
6. Pat cutlets dry.
7. Working one at a time, dredge cutlets first in flour until the surface is completely dry.
8. Dip in egg to coat, allow the excess to drip off for a few seconds.
9. Then roll quickly in the breadcrumbs until coated. Do not press the breadcrumbs into the meat. The crust should not adhere completely but form a loose shell around the schnitzel.
10. Immediately place meat in the pan with the hot oil. Do not crowd the pan. Cook the schnitzel in batches, if necessary. [two per batch in our largest pan]
11. Fry the schnitzel for 3 to 4 minutes on one side. Make sure the breaded meat “swims” in fat. Contrary to instinct, the breading will take on less oil than if the meat is sticking to the pan. Also, the breadcrumb topping has a chance to puff up a little, and your clean-up is easier! You may want to swish them around a little with your fork to make sure they are not sticking to the pan.
12. Turn them over once and fry an additional 3 minutes or until both sides are golden brown. Remove from pan, allow the oil to drain off. [It took a minimum of 10 minutes per side]
13. Enjoy!

Tips

- As with many simple recipes, the quality of the ingredients is what will make or break your experience with this golden fried treat.
- Even if you can buy or cut a very thin cutlet, it's important to pound your meat before coating and cutting it. Of course, pounding makes the meat thinner, but it also tenderizes it. This an important step for schnitzel, which should be a very light, delicate dish. While a properly tender schnitzel is delicious when improperly prepared it can be, in the words of the New York Times' Kurt Guttenbruner, "like a piece of lead."
- Avoid old oil or less-than-perfect meat and watch your schnitzel carefully to avoid burning.
- Eating it fresh also is important. This is not a dinner that gets better reheated the next day. [We put the remnants into mushroom soup to reheat and it was good, there.]

Recipe Variation

- Traditional recipes for wiener schnitzel are made with veal cutlets, but chicken or pork cutlets can be used instead. [...and we did]

Anja's comments - There is a learning curve on these. The first of each meat was pounded, the 2nd was really hammered. The 2nd of each meat was a lot more tender. We found that putting the pounded meat into the flour and letting it sit for 2-3 minutes on a side made the 2nd pork and chicken come out perfectly for the coating. The veal cutlets must just take longer. All 3 of the meats were well received, but the veal was tougher than the pork and the 2nd chicken, that had been pounded until there were holes in it.....(i.e. it was darned nearly chicken *lace*) had the best texture.

6:50 - Main course – Bieroks and onion pie with mustards

Bierok (Runza) These are a traditional lunch or supper dish, eaten cold or hot, as you please.

Bierok dough

- 1 tbsp sugar
- 300 ml warm water (1 3/8 cups)
- 1 package of active dry yeast (2 1/4 Tbsp)
- 500 g all-purpose flour, plus extra for dusting (4 cups)
- 1 tsp salt
- 1 tbsp olive oil, plus extra for greasing

Method

Make dough in breadmaker.

Bierok filling

- Sauerkraut
- Ground beef/pork/lamb mix
- Onion
- Barley
- Salt
- Spices (pepper, horseradish, mustard, caraway or what suits you)

Method

1. Cook the meat with the onion, drain and cool.
2. Cook the barley until soft and cool.
3. Rinse a double handful of sauerkraut and drain thoroughly, patting dry on paper towels to get the liquid out.
4. Mix the meat, barley, salt and spices in a small bowl.

Finish

- Dough
- Filling
- Butter



Method

1. Roll dough to 16 inches
2. Cut in 4x4 squares with a pizza cutter or knife (should have 36 approximately)
3. Put a scoop of sauerkraut in each, then a scoop of the meat mixture.
4. Bring edges together and pinch shut.
5. Grease baking sheet or use parchment.
6. Place each on baking sheet, sealed side down.
7. Let rise until they “puff”.
8. Bake at 350 until they brown, but don’t burn. (To get the time for your oven, do just a couple at first and cut open to check for doneness.)



Sides

Spätzle/Spaetzel - (traditional German)

Ingredients:

- 2 1/2 cups flour
- 1/2 teaspoon salt
- 2/3 cup water
- 1/2 cup milk
- 3 eggs
- butter for finishing



Method

1. In a large bowl mix together the flour and salt. Add the water, milk and eggs to a measuring cup and whisk together well.
2. Pour into the bowl with the flour and immediately start vigorously stirring the batter with a wooden spoon until there are no more lumps and you start seeing bubbles forming. Cover and rest for 30 minutes.
3. When ready to make the Spätzle bring a large pot of salted water to the boil. Heat a large frying pan over medium heat and add a knob of butter to it.
4. Place a coarse metal grater (or a special Spätzle maker if you own one) over the pot. Add about 1/3 cup of batter on top of the grater and gently stroke over it with the back of a spoon. Remove the grater and let the Spätzle cook until they come to the surface. Remove with a slotted spoon and drop into the hot pan. Proceed the same way with the remaining batter, adding more butter to the pan as needed.

[Giano Balestriere](#) I can't confirm spätzle specifically, but there is a late 1400s recipe that involves an egg-based dough pulled into pieces and boiled (in milk, though). That comes reasonably close, and variations must have existed. Most pasta recipes that survive from period Germany are for knife-cut noodles.

[Giano Balestriere](#) Take good white flour and make dough with egg whites. Have boiling milk ready in a pan and pull the dough into little pieces, throwing them in as the milk boils. It must be salted beforehand. Also add fat. See that it stays worm-shaped. Do not oversalt it. Serve it. (Dorotheenkloster MS#150) After Bach, Volker: The Kitchen, Food and Cooking in Reformation Germany

How To Make Sauerkraut | Easy And Homemade - Easy to make homemade sauerkraut. - <https://www.hiddenspringshomestead.com/how-to-make-sauerkraut-easy-homemade/?fbclid=IwAR1yTf58jziyMZKi1XeY4flu6pf4a-DnhcWv6H7prqyfJo2ABgyIfsMw7vM>

- PREP TIME - 25 minutes
- FERMENTING TIME - 7 days
- TOTAL TIME - 7 days - 25 minutes
- YIELD: 1 QUART

Ingredients

- 1 Regular Size Cabbage Head
- 1 TBSP Canning Salt
- Clean Mason Jar
- For Brine: 4 cups water and 1 additional TBSP Canning Salt

Instructions

- Remove rough outer leaves and set them aside for later
- Wash cabbage head under cold running water and drain
- Quarter cabbage into wedges and remove hard core (set core aside for later)
- Thinly slice wedges, length wise, into 1/4" stripes. (These don't have to be perfect)
- Put chopped cabbage into large bowl and sprinkle with 1 TBSP Canning Salt - Mix well
- Let salted cabbage sit for 15 minutes
- Next start mashing /crushing cabbage to force juices to flow out of it. It will become very limp and change color. Do this for about 7 minutes
- Now take clean jar and firmly pack mashed cabbage in to remove as many air bubbles as possible
- Continue to pack jar leaving a 1" headspace.
- Once all mashed cabbage is out of bowl, gently pour salt brine into jar completely covering cabbage



- Pour brine to finish filling jar
- Now tear a piece of cabbage leaf a bit larger than opening of jar
 - Stuff it down and tuck under edges to completely submerge cabbage. (If left exposed, it will need to be thrown out
- Now cut a cabbage stalk a bit longer than 1 inch and place it on top of the leaf
- Wipe rim clean and put on plastic lid - fingertight only
- (Lid will press down on stalk. Anything exposed will need to be thrown out after fermentation process is done)

- Store jars where they can sit for 1 week. You will want to put a dish under them to catch the juices as it bubbles out
- After 1 week, smell and taste sauerkraut. If it tastes good - it's done. If not, submerge it back under brine, put lid back on and check again in a few days.
- The longer it ferments, the better it tastes.

Notes - Any cabbage that is not completely submerged by salt brine will need to go into the compost

TO MAKE A 2% SALT BRINE:

If you didn't have enough salt brine to completely cover cabbage you will need to make one - In a bowl, dissolve 1 TBSP Canning Salt in 4 Cups non-chlorinated water

Root veg in butter sauce – fast feast veg..... – We know they ate these. Few recipes exist

- 1 pound parsnips
- 1 large bag (5 lb) mixed color carrots (frozen)
- 2 12 oz bags frozen pearl onions
- Bunch spring onions
- 1 pound butter
- (You can also add turnips, radish, swedes and other root veg. Cook as appropriate.)



Method

1. Peel and cut parsnips.
2. Boil until tender.
3. Drop carrots into large pot.
4. Boil until tender.
5. Drain both and put into steamer pan.
6. Scatter pearl onions and stir.
7. Slice spring onions, ¼ inch up to the point where they're not solid.
8. Set tops aside and scatter cut parts across the dish.
9. Cut up butter and scatter across the top.
10. Crimp lid on and fridge up to 24 hours.
11. 2 hour before serving put into 350 oven.
12. Check for tenderness at 1 hour and then every 15 minutes after that.
13. You can also pre-bake and refrigerate. Allow an hour to come up to temp.
14. Serve hot.
15. Slice the spring onion tops and use as garnish.

Kaltes Kraut -

[http://www.ubs.sbg.ac.at/sosa/lucull/MI128\(62\).htm](http://www.ubs.sbg.ac.at/sosa/lucull/MI128(62).htm) - from MI 128, fol. 325V-326R

Ingredients

- Small head of cabbage
- 1 turnip
- 1 leek
- A double handful of turnip greens (plus other greens)
- 1 cup wine
- 2 Tbsp ground yellow mustard
- 1 Tbsp honey
- a good shake of ground cumin
- fennel greens (an 1/2 handful)

Method

1. Peel and chop turnip.
2. Put in a large pot and boil until soft.
3. Chop cabbage and other greens
4. Add to the pot and when cooked, drain and let cool.
5. Heat the wine to boiling to drive off the alcohol.
6. Take off the heat.
7. Add honey and stir until mixed.
8. Add mustard and cumin and stir well.
9. Pour over vegetables, toss and let cool.
10. Serve cold.



Koche Köpfe vom Weißkraut und nimm zwei Teile Senf und einen Teil Honig und mische die Flüssigkeit mit Wein, Kümmel und Anis. Gib die Kohlköpfe hinein und serviere sie kalt. Auf die gleiche Art macht man das mit weißen Rüben, aber die sollen gekocht werden mit Blättern und Wurzeln, und dann wird es wie oben beschrieben.

*MI 128, fol. 337r - Item kaldes crawt - Decoque alba copita * (!) Olerum - et recipe ii partes Sinapis et una partem mellis et mi sce liquorem cum vino carui et anisi et impone olera et frigido modo (?). Eodem modo fit de piessen nisi quod ibi decoquantur herbe et radices et erit idem ut supra*

Cold herb - Cook heads of white cabbage and take two parts of mustard and a portion of honey and mix the liquid with wine, cumin and anise. Add the cabbages and serve them cold. In the same way you do it with white turnips, but they should be cooked with leaves and roots, and then it will be as described above .

Cucummern - Cucumber Salad – Rumpoldt - <http://www.cooking-rumpoldt.com/>

Ingredients

- 6 Medium Cucumbers, English or whatever you prefer
- 1 Small Bulb of Fennel
- 2 Tbs Salt
- 1/2 Tsp Ginger (adjust to taste)
- 1/2 Cup Olive Oil
- 1/4 Tsp Caraway Seeds



Figure 1 - Beet Sauce, Cucummern, pickled egg

Method

1. Peel and then thinly slice cucumbers.
2. Clean and slice fennel as well.
3. Place in bowl with the rest of the ingredients.
4. Combine everything evenly.
5. Serve. (Tastes best if allowed to sit overnight!)

Salat 20. Schel die Murcken/ vnd schneidt sie breit vnnd dünn/ mach sie an mit Oel/ Pfeffer vnd Saltz. Seind sie aber eyngesaltzen/ so seind sie auch nit böß/ seind besser als roh/ denn man kans eynsaltzen mit Fenchel vnd mit Kümel/ daß man sie vber ein Jar kan behalten. Vnnd am Rheinstrom nennet man es Cucummern.

20. Peel the Cucumbers/ and cut them wide and thin/ mix them with oil/ pepper and salt. If they are salted/ then they are also not bad/ they are better than raw/ for one can salt them down with fennel and with caraway/ that one can keep over a year. And on the Rhine river (in the Rhine valley) one calls it Cucummern.

Beet Sauce (redacted from Rumpolt) We're calling this a "side".- This is quite loud! It's good, but you have to use it in similar amounts to mustard or some other spicy sauce. Don't eat a whole heaping teaspoonful!

Ingredients

- 3 large beets, scrubbed and trimmed
- 1 6 to 8 inch horseradish root, peeled and grated
- ¼ cup cider vinegar
- 1 tsp. sugar, brown sugar or honey
- pinch of sea salt
- ¼ tsp whole coriander
- ¼ tsp whole aniseed
- 1 tsp whole caraway

Directions

1. Place the beets in a medium saucepan and cover completely with cold water.
2. Bring to a boil and then cover and cook until tender, about 35 minutes.
3. Drain and set aside to cool.
4. As it is draining, peel and grate your horseradish.
5. When the beets have cooled, pulse in your food processor.
6. Then add the beets, grated horseradish, vinegar, brown sugar or honey, spices and a pinch of salt to a large plate or mixing bowl and blend the rich goodness all together.
7. Work together until well combined.
8. Keep in a glass container.
9. Refrigerate overnight so all the flavors have a chance to blend well. The best part is that you can store it in the refrigerator for up to two weeks.

Tools

- Saucepan
- Peeler
- Microplane
- Masher
- Knife
- Stirring spoon
- Glass canning jar

Source

Beet Sauce - Rumpolt

Ein New Kochbuch. Marx Rumpolt. 1581, Transcribed by Dr. Thomas Gloning; Translated by Gwen Catrin von Berlin.

Rote Ruben eyngemacht mit klein geschnittenen Merrettich/ Aniss/Coriander/ und ein wenig Kuemel/ sonderlich wenn die Ruben geschnitten/ gesotten mit halb Wein und halb Essig.

Red beets preserved with small cut horseradish/ anise/ coriander/ and a little caraway/ special if the beets are cut/ marinated in half wine and half vinegar.

Onion pie - Makes 8 in a mini-pie maker

- 1 1/2 pounds onions
- 1 1/2 stick butter (1/4 pound)
- 4 slices bacon
- 2 prepared pie crust (1 box)
- 3/4 cups cream
- 1 tsp. salt
- 2 egg
- 1 tsp freshly ground nutmeg
- 1 tsp. ground caraway
- Optional: grated gruyere or parmesan cheese



Method

1. Slice onions finely. Caramelize in the butter. (I prefer to put them into a crockpot overnight with 1/4 cup water and the butter.) Let cool.
2. Fry bacon slices until crisp. Drain and set aside to cool, then crumble
3. Mix cream, egg, salt, nutmeg and caraway.
4. Use mini pie cutter to make 8 crusts (set aside dough scraps to re-roll)
5. Prep mini pie maker with 4 crusts.
6. In each place about 1/2 cup of onions. Gather to center and press down lightly.
7. Put an 1/8 of the custard mix in each (about an 1/8 cup). Sprinkle with crumbled bacon.
8. Close lid and cook for 10 minutes.
9. Raise lid and sprinkle with cheese if desired.
10. Cook 2 more minutes or until custard is set (and at least 165f), crusts are brown and edges of the filling are turning golden.
11. Serve hot or cold.

Sauces

Cherry Sauce for Pork

- 2 cups Cherry juice
- 1 cup Sugar
- 1 cup Reinfal – A sweet wine
- Lebkuchen
- 1 Apple
- ½ tsp Cloves
- 1 tsp Cinnamon
- 1 tsp Ginger
- ¼ cup Currants
- ¼ cup raisins
- Almond flour



Method

1. Take the cherry juice and sugar and reduce to make a syrup.
2. Put into crockpot on low.
3. Stir in wine.
4. Add lebkuchen and let stand until the cookies fall apart.
5. Peel, core and chop the apple and add to the mixture, then spices.
6. Cook on low (crockpot) until it starts to look like a sauce. Add almond flour to get the right consistency and cook for one more hour. Serve warm.

7 To make a sauce in which to put a haunch of venison – Welserin

Lard it well and roast it and make a good sauce for it. Take Reinfal and stir cherry syrup into it, and fry Lebkuchen in fat and chop good sweet apples, almonds, cloves, cinnamon sticks, ginger, currants, pepper and raisins and let it all cook together. When you want to serve it, then pour the sauce over it. It is also for marinating a boar's head. Then cook it in two parts water and one third vinegar. The head of a pig is also made in this manner.

Apple compote

- 8 apples of the sour end of the spectrum (Granny Smiths?)
- 3-4 inches of fresh Ginger root
- 1/8 tsp cinnamon
- A few threads of saffron (to turn it golden)
- ½ cup of White sweet wine (optional)
- Sugar (if needed, taste.....)



Method

1. Peel & core apples and chop up.
2. Peel ginger and grind up.
3. Put apples and ginger in the crockpot with the wine or simmer in a little butter and the wine until soft.
4. Taste... add sugar, if necessary, and saffron if it is too white or green-ish.
5. Stir well. Keep warm in a crockpot.

8 To make a sauce with apples for game and small birds - Welserin

Take good apples and peel them and grate them with a grater and put a little fat in a pan over [the fire] and let it become hot and put the apples in it and let them roast therein. After that put good wine thereon, sugar, cinnamon, saffron and some ginger and let it cook together for a while, then it is ready. One should boil the small birds first and then roast them in fat.

Jager gravy, a brown sauce with mushrooms, onion, and bacon bits: - It's historical, but I can't seem to pin down a date. (No ingredient list given....)

1. In a medium saute pan over medium heat cook the bacon until crispy.
2. Remove from pan to drain on paper towels.
3. In same pan with bacon fat, add onions and saute for 3 minutes.
4. Add mushrooms and continue sauteing for 2 minutes.
5. Stir in 1/4 cup flour.
6. Cook flour to make roux until light brown, about 2 minutes.
7. Add wine and cook for 3 minutes, reducing by 1/3, then add stock.
8. Continue cooking to reduce by 1/3 again.
9. Season with salt and pepper.
10. Keep warm.



Pear Mustard

- 1 cup pear preserves
- ½ cup white wine
- Enough sugar to make it lightly sweet.
- Ground Mustard

Method

1. On medium heat, cook the preserves, wine and sugar together until well mixed and little alcohol is left.
2. Turn to low.
3. Add ground mustard 1 TBSP at a time, stirring well as you go until it has the consistency that you're looking for. If you overdo it, add a little water to thin it back out.



Mustard Sources

34 To make the mustard for dried cod – Welserin - Take mustard powder, stir into it good wine and pear preserves and put sugar into it, as much as you feel is good, and make it as thick as you prefer to eat it, then it is a good mustard.

The Closet Opened (sir Kenelme Digbie, KT) 1669 To Make Mustard

The best way of making mustard is this: Take of the best mustard seed (which is black) for example a quart. Dry it gently in an oven, and beat it to subtle powder, and serse it. Then mingle well strong wine-vinegar with it, so much that it be pretty liquid, for it will dry with keeping. Put to this a little pepper, beaten small (white is the best) at discretion as about a good pugil and put a good spoonful of sugar to it (which is not to make it taste sweet, but rather, quick, and to help the fermentation) Lay a good onion in the bottom, quartered if you will, and a race (root) of ginger scraped and bruised, and stir it often with a Horseradish root cleansed, which let always lie in the pot till it hath lost its vertue, then take a new one. This will keep long, and grow better for a while. It is not good till after a month, that it have fermented a while. Some think it will be the quicker if the seed be ground with fair water, instead of vinegar, putting store of onions in it.

My Lady Holmsby make her quick fine mustard thus: Choose true mustard seed; dry it in an oven, after the bread is out. Beat and searce it to a most subtle powder. Mingle Sherry-Sack with it (stirring a long time very well, so much as to have it of a fit consistency for mustard) Then put a good quantity of fine sugar to it, as five or six spoonfuls, or more, to a pint of mustard. Stir and incorporate well together. This will keep good a long time. Some do like to put to it a little (but a little) of very sharp wine vinegar.

John Evelyn A discourse of Sallets, 1699:

Take the mustard seed, and grind one and a half pints of it with honey, and Spanish oil, and make it into a liquid with vinegar.....

To make mustard for the pot, slice some horse-radish, and lay it to soak in vinegar, squeezing it well, and add a lump of sugar and an onion chopt. Use vinegar from this mixture to mix the mustard.

From The Viandier of Taillevent (13th century), translated by Terence Scully [Cameline Mustard Sauce]:

Take mustard, red wine, cinnamon powder and enough sugar, and let everything steep together. It should be thick like cinnamon. It is good for any roast. Credit: *The Viandier of Taillevent*, edited by Terence Scully. (Ottawa: University of Ottawa Press, 1988)

Subtleties – Chess set, Mushrooms

Chess sets – Marzipan pieces, shortbread boards – Vanilla extract and rosewater used to flavor, pink used saunders. Edible gold glitter. Black pieces were cocoa.



Basic Marzipan

- 1 pound confectioner's sugar
 - 1 pound almond meal
 - ¼ to ½ cup of vanilla extract (recipe follows) or rosewater
 - Food processor with blade
 - 2 to 2 ½ cup air-tight container
 - Hard spatula
1. Put almond meal in one side of food processor and sugar into the other side.
 2. Pulse until mixed well, shaking or stirring as needed.
 3. Dribble the vanilla down the “snoot” of the food processor, slowly, with it running on medium speed. It will first resemble crumbs, then begin to clump and the food processor will slow, audibly.
 4. When it suddenly starts rolling a ball of stuff around, stop dribbling and turn off the food processor.
 5. Scrape the dough into a 2 to 2 ½ cup airtight container, getting even the dry stuff the sometimes remains on the bottom. Dribble a few drops of your vanilla onto this last, then seal up and let stand at least overnight before using.



Note – If you don't have a container this size, press the dough into itself, tightly and dribble a few drops of vanilla on top.

Vanilla extract

- 3 good vanilla beans
 - Fifth of rum
 - Sharp knife
1. Open your rum bottle
 2. Using the sharp knife, split two beans lengthwise and drop into the bottle.
 3. Chop the other into ½ inch pieces and drop into the bottle.
 4. Put in a cool place and agitate daily for at least a month before using. Keep the beans in the bottle.
 5. Beans may be used a 2nd time, then dump the chopped bean (use it in coffee!), chop the split beans and split another.



Shortbread – Chess boards and cookies – cocoa powder added to chess board “black” squares

1, 2, 3, 4 Shortbread – recipe by Anja - I couldn't find a decent shortbread recipe that worked for what I wanted so I put together cookie knowledge and invented an easy one. It's not as sweet as some and very crumbly. It won't make decent cookies, but the method given works. It's fun to do with extra sprinkles to fancy it up and you can vary the recipe by changing the amount of flavoring or “adds”. It's also an easy to remember recipe, although I've written it up for a stand mixer. Adjust to fit. This recipe is forgiving!

- 1 sugar
- 2 butter
- 3 flour
- 4 pie pans.
- Optional, up to 2 tablespoons alcohol-based flavoring (used vanilla) and either 1 tablespoon ground spices (used nutmeg/ginger), or 1 cup mixed nuts and/or dried fruit. (Didn't use for feast) ...Skor chips also work...
- Decorate with colored sugar or sprinkles, if you want.

Method

1. Preheat oven to 350F.
2. Warm butter, it should be at about 75F. I usually zap it for a minute in the mixing bowl in the nuker.
3. Put the mixing bowl in the stand and turn to “cream butter”, 7 on mine.
4. Once the butter is fairly smooth, add the sugar and flavoring and/or spices (if any) and nuts, etc. (if any). Turn the mixer down, or the dough will start crawling out....
5. Put the mixer on the lowest speed and add the flour, one cup at a time, scraping down the sides of the bowl.
6. Divide into 3 or 4 pie pans and smooth out. If you have nuts, etc in, you need 4 pans, otherwise you can use 3 and they'll just be thicker. If you use 4 with the no-nuts dough, they might be thin enough to burn.

7. Bake for 30 minutes or so. The edges will brown first and that's the sign to check every 3 minutes or so.
8. When the top is browning, pull the pans one at a time and flip onto a cheap paper plate and cut immediately with a rolling cutter (I use a pizza cutter). I usually do 12 or 16 pieces. Leave the cookies on the plate for cooling. Do it *fast*. Even a minute out of the oven will cause the stuff to crumble upon cutting. ...Then pull the next and repeat.
9. Store airtight for up to a month. These are a great "shipping cookie" if you find a tin that is just the size of the paper plates.

[Ea Fleming](#) – On Facebook 1/24/20

5 hrs

Bits and pieces: We sometimes look for examples of period subtleties for inspiration. Here are two I came across in a record of the purchases and costs for a banquet given by Henry VIII for Queen Catherine on 6 May 1526. The source wasn't listed but may possibly be in the Eltham Ordinances. This is a brief summary of the entries relating to the subtleties and their construction.

Listed under "Acatry and the Kitchen" are the following:

"To Hugh, master cook to the Princess, for cutting of a tower set on a marchpane, and 2 chess boards and chessmen, garnished with 100 fine gold". [It looks as if Hugh was paid 5 shillings. The Princess is Princess Mary who was then 10 years old.]

Mushrooms – Stems are marzipan (recipe above) Caps are baked meringue

Forgotten Cookies (baked meringue)

Ingredients

- 4 large egg whites, room temp
- 1/2 tsp cream of tartar
- 1/8 tsp salt
- 1 cup granulated sugar
- 1 tsp vanilla extra (recipe above)
- Large piping bag
- Piping tip (large open round or star tip)
- Cookie sheets (to fill your oven)



Method

1. Preheat oven to 225F.
2. Line cookie sheets with baking parchment and set aside.
3. Combine egg whites, cream of tartar, and salt in large grease-free bowl.
4. Use an electric mixer or stand mixer and stir on low speed until mixture becomes foamy.
5. Increase speed to high.
6. Gradually add sugar about 1 cup at a time, 15 seconds between cups.
7. Beat until mixture is thick, shiny and has increased in volume. Mixture should have stiff peaks and sugar should be completely dissolved.
8. Stir in vanilla, or other extract and any food coloring.
9. Fit tip to piping bag.
10. Fill with meringue.
11. Pipe onto cookie sheets in desired shape. Meringues will not spread, so you can get close and these all need to bake together. No the batter will not keep.
12. Bake for 1 hour, then turn off the oven and leave overnight.
13. Store airtight and away from heat and/or moisture.

Sweets

Pure Maple Candy - Recipe by: Islandgirlchef - "Pure, creamy, melt-in-your-mouth maple candy using only pure maple syrup! It's a treat almost like fudge. Add anything you want like chopped nuts. Use small maple leaf molds or other pretty shapes." -

<https://www.allrecipes.com/recipe/142723/pure-maple-candy/>

- 51 m
- [18 servings](#)
- [113 cal](#)s

Ingredients

- 2 cups pure maple syrup
- 1/2 cup chopped walnuts (optional)



Directions

- Prep - 1 m
 - Cook - 10 m
 - Ready In - 51 m
1. In a large heavy-bottomed saucepan, bring the maple syrup to a boil over medium-high heat stirring occasionally. Boil until syrup reaches 235 degrees F (110 degrees C) on a candy thermometer.
 2. Remove from heat and cool to 175 degrees F (80 degrees C) without stirring, about 10 minutes.
 3. Stir mixture rapidly with a wooden spoon for about 5 minutes until the color turns lighter and mixture becomes thick and creamy. Stir in chopped nuts, if desired.
 4. Pour into molds. Set aside to cool. Once cool, unmold candy. Store in airtight containers up to 1 month.

Tip – baking parchment can be used for easier cleanup/removal from the pan.

Nutrition Facts - Per Serving: 113 calories; 2.2 g fat; 23.9 g carbohydrates; 0.5 g protein; 0 mg cholesterol; 3 mg sodium. [Full nutrition](#)

Fig pudding – Welserin (x4 for the feast) Yes, this is the stuff they're hollering for in the Christmas song! (I can see why.....)

- 1 cup wine
- 2 3 inch cookies lebkuchen
- Bread crumbs
- Malt extract (opt)
- Pinch Saffron
- Almond crumbs (didn't use)
- 4 large Dried figs (it takes 6 or 7 medium to small...)
- Currents to fill up cup, maybe ¼ cup
- Butter

Method

1. Heat wine 2 minutes in microwave
2. Add saffron to wine and let stand for 5 minutes.
3. Add lebkuchen and let stand for ½ and hour. If the cookies don't seem to be softening, pull them and chop up and toss back in.
4. Take stems off figs and chop (I cut into ¼'s and cut cross-ways). Put into a one cup measure.
5. Add currents to the one cup line. Shake and check level....
6. Pour onto wine mixture and let stand for a bit.
7. Put back in the microwave for 1 minute.
8. Run through a food processor if still chunky.
9. Serve warm with a butter pat on each serving and cream on the side.



43 To make a fig pudding

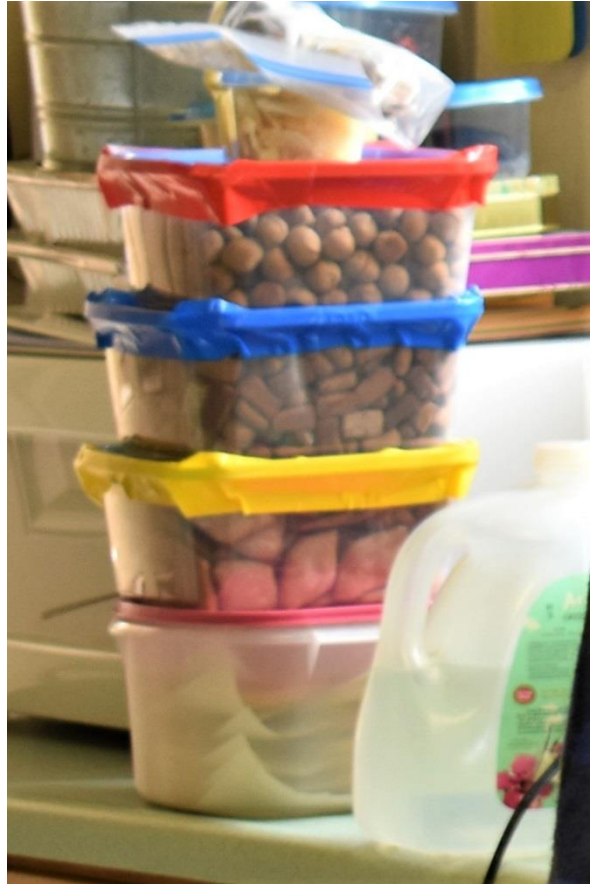
Put wine in a small pot, and when it begins to boil, then put in grated Lebkuchen and grated *Semmel*. Put saffron, almonds, raisins, figs and some fat into it.

Lebkuchen (Hard Gingerbread) Another ethnic recipe, my Babicka's version of Erma Rombauer's recipe in the Joy of Cooking.

- 1 cup honey
- 1 cup molasses
- 1/3 cup water
- 1 ½ cups brown sugar
- 2 egg
- 2 tbsp lemon juice
- 2 tsp grated lemon rind
- 5 1/2 cups flour
- 1 tsp baking soda
- 2 tsp cinnamon
- 2 tsp ground clove
- 2 tsp allspice
- 2 tsp nutmeg

Method

1. Mix honey, molasses, lemon juice and egg together.
2. Stir in one at a time: soda, spices, lemon rind and brown sugar and mix thoroughly
3. Mix in flour ½ cup at a time. You will probably have to knead in that last cup or so.
4. Chill overnight.
5. Roll small amount at a time, keeping rest chilled.
6. Roll out 1/4 – 3/8 inch thick and cut into shapes.
7. Place 1 inch apart on greased baking sheet.
8. Bake until, when touched lightly, no imprint remains.
9. Bake in 400 degree oven 10-12 minutes.



163 To make Nürnberger Lebkuchen – Welserin

Take one quart of honey, put it into a large pan, skim it well and let it boil a good while. Put one and a half pounds of sugar into it and stir it continually with a wooden spatula and let it cook for a while, as long as one cooks an egg, pour it hot into a quarter pound of flour, stir it around slowly and put the described spices in the dough, stir it around slowly and not too long; take one and a half ounces of cinnamon sticks, one and a half ounces of nutmeg, three fourths of an ounce of cloves, three ounces of ginger, a pinch of mace, and chop or grind each one separately so that they are not too small, the cinnamon sticks, especially, should be coarsely ground. And when you have put the spices in the dough, then let the dough set for as long as one needs to hard boil eggs. Dip the hands in flour and take a small heap of dough, make balls out of it, weigh them so that one is as heavy as the others, roll them out with a rolling pin, and spread them out smoothly

by hand, the smoother the prettier. After that dip the mold in rose water and open it up. Take four ounces of dough for one Lebkuchen. Be careful and get no flour in the molds or else they will be no good, but on the board you can put flour so that they do not stick to it. Let them set overnight. And when you take them to the baker, then see to it that you have another board that is thoroughly sprinkled with flour, so that it is very thickly covered. Put the board with its covering of flour into the oven so that the board is completely heated, the hotter the better. Take it out afterwards and lay the Lebkuchen on top, so that none touches the other, put them in the oven, let them bake and look after them frequently. At first they will become soft as fat. If you take hold of them you can feel it well. And when they become entirely dry, then take them out and turn the board around, so that the front part goes into the back of the oven. Let it remain a short while, then take it out. Take a small broom, brush the flour cleanly away from the underside of the Lebkuchen and lay the Lebkuchen, in the mean time, on the other board, until you have brushed off the Lebkuchen, one after the other, so that there is no more flour on the bottoms. Afterwards sweep the flour very cleanly from off the board. Lay the Lebkuchen on top of it again, so that the bottom is turned to the top. Take a bath sponge, dip it in rose water, squeeze it out again, wash the flour from the bottoms of the Lebkuchen. Be careful that you do not leave any water on the board, then they would stick to it. Afterwards put the board with the Lebkuchen again in the oven, until the bottoms rise nicely and become hard, then take the board out again. See to it that two or three [people] are by the board, who can quickly turn the Lebkuchen over, or else they will stick. Afterwards take rose water and wash them on top with it as you have done on the underside. Put them in the oven again, let them become dry, carry them home and move them around on the board, so that they do not stick. And when they have completely cooled, then lay them eight or ten, one upon the other, wrap them in paper and store them in a dry place, see that no draft comes therein, then they remain crisp.

164 To make a large Nürnberger Lebkuchen

Take a quart of honey and a quarter pound of sugar, prepare it as for the smaller Lebkuchen, take one quarter pound of flour and then the spices as follows: one half ounce of cinnamon, one ounce of cloves, one and three fourths ounces of nutmeg, four ounces of ginger, one fourth ounce of mace. Stir it carefully around, afterwards roll the dough out somewhat. Bake it as for the smaller Lebkuchen.

Pfeffernusse - Anja's recipe – A hard cookie recipe worked out over several years and a lot of trial and error, these are an ethnic cookie from Central Europe. They are mentioned back into the 1500's, obviously without the baking soda and molasses....which make these more possible to eat. 9 These have to sit for 4-6 weeks in an airtight container. Not a soft cookie!!!!

- 6 c. flour
- 1 Tbsp fresh-grated ginger
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1 tsp. cloves
- 1 tsp. salt
- 1 c. sugar
- 1 tsp. baking soda dissolved in a little coffee
- 1 c. molasses
- 2 egg, beaten
- 1 c. melted butter

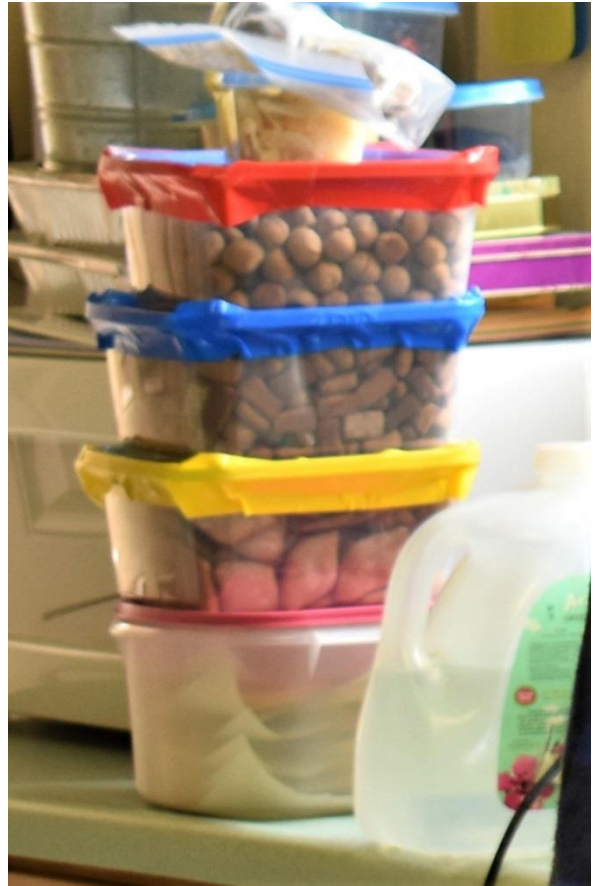
Method

1. Mix dry ingredients.
2. Add soda, molasses, egg and shortening.
3. Mix to stiff dough,
4. Lightly grease cookie sheet.
5. Roll in long rolls, 1/2" diameter.
6. Cut off 1" pieces.
7. Place about 1" apart on cookie sheet.
8. Bake in moderate oven, 350 degrees for 10 to 12 minutes.



Ginger nuts - GINGER NUTS – Anja's

- 6 c. flour
 - 1 Tbsp fresh-grated ginger
 - 1 tsp. cinnamon
 - 1 tsp. nutmeg
 - 1 tsp. cloves
 - 1 tsp. salt
 - 1 c. sugar
 - 1 tsp. baking soda dissolved in a little coffee
 - 1 c. molasses (or honey, but then they are light in color)
 - 2 egg, beaten
 - 1 c. melted margarine
 - Candied ginger 50-60 pieces.
 - Can add up to 2 cups of chopped nuts, raisins
1. Mix dry ingredients.
 2. Add soda, molasses, egg and shortening.
 3. Mix to stiff dough,
 4. Lightly grease cookie sheet.
 5. Roll in long rolls, 1/2" diameter.
 6. Cut off 1" pieces.
 7. Squash a piece of ginger in the center of each and roll around it in the palm of the hands.
 8. Place about 1" apart on cookie sheet.
 9. Bake in moderate oven, 350 degrees for 10 to 12 minutes.



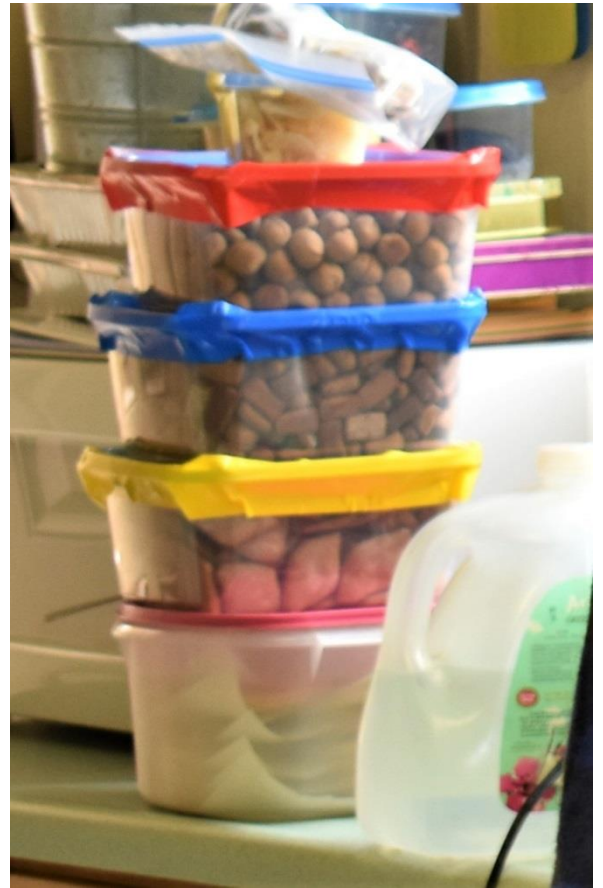
While pfeffernusse are an archetypal German cookie, these aren't quite the same. They're based on a modern recipe, but adapted because I can't have pepper! These sub the ginger for the "pepper" flavor.

Shrewsbury Cakes (version 2015) – Source: Queen-like Closet #77 - Makes a dozen cakes (

- 5 1/3 cups flour
 - 2/3 pound butter
 - 1 egg plus 1 yolk or a large duck egg
 - 1 cups granulated sugar
 - ¼ tsp ground cinnamon
 - ¼ cup rose sugar
 - Up to ½ cup water
1. Preheat oven to 350F.
 2. Melt butter
 3. Beat together butter, sugar, cinnamon and rose sugar in mixer on medium.
 4. Add egg
 5. Turn to low and slowly add the flour, going to hand mixing when the mixer lags down.
 6. Add up to ½ cup of water, a tablespoon at a time as needed to keep from crumbling. The dough should be about the consistency of pie dough.
 7. Put in fridge for up to a week.
 8. Shape into “thin round cakes”.
 9. Bake at 350F for 10-15 minutes, then turn off the oven. .Look for browning on the edges)

Take four pounds of Flower (16 cups), two pounds of Butter, one pound and an half (3 5/8 cups) of fine Sugar, four Eggs, a little beaten Cinamon, a little

Rosewater, make a hole in the Flower, and put the Eggs into it when they are beaten, then mix the Butter, Sugar, Cinnamon, and Rosewater together, and then mix them with the Eggs and Flower, then make them into thin round Cakes, and put them into an Oven after the Houshold Bread is drawn; this quantity will make three dozen of Cakes.



Louisa's pear and plum tarts

Recipes

Suet Pastry

- 8 oz (225 g) plain flour
- 1 teaspoon baking powder
- Pinch of salt
- 4 oz (112 g) shredded suet
- Water
- Options:



Method for Making Suet Pastry:

1. Sieve the flour, baking powder and salt together in a bowl.
2. Add the shredded suet and mix well.
3. Mix to a stiff dough with the water.
4. Roll out and use at once for sweet and savory puddings.

Source

Ymbre Day Tarte - Alys has a full-length version, but I've cut it down to the essentials.

- *Deep pot*
- *Olive oil*
- *1 1/2 onion*
- *Greens of two leeks*
- *fresh sage, thyme and rosemary*
- *10 large eggs*
- *1 cup cottage cheese*
- *1/3 cup currants*
- *1/2 tsp brown sugar*
- *1/4 tsp saffron*
- *1/4 tsp poudre douce*
- *1/4 tsp ground ginger*
- *2 pie shells*
- *about a cup shredded mozzarella*



Method

1. *Saute onions, greens/herbs and let cool.*
2. *Add ingredients from Eggs to Ginger, mix well.*
3. *Add sautee'd stuff and mix again.*
4. *Pour into pie shells and top with cheese*
5. *Bake for 45 minutes to an hour at 350F.*

Original receipe (from Pleyn Delit, "A Tarte in Ymbre Daye")

Take and perboile oynouns and erbis, and presse out the water and hew hem small. Take grene cheese and bray it in a mortar, and temper it up with ayren. Do therto butter, safroun and salt and raysons corauns, and a little sugaur with powder douce and bake it in a trap and serve it forth.

Sugar-Preserved Strawberries

Quoting from

<https://housecapuchin3.wordpress.com/portfolio/activities-through-7-1-18/>

[This link has process pictures as well as this recipe/method]

Strawberries – On Saturday, as part of herbs, we prepped most of a 2 pound box of strawberries. The best got eaten. The least ripe went into a strawberry pickle and the most ripe and bits went into a sugar preserve and the 5 left over got frozen for breakfast. Now, we don't have a clue how period these methods are... at least for strawberries. All the strawberries were cleaned, sliced and packed at the same time, then the pickling brine got done and added.



So, first the **sugar preserve**... the method is from Townsends. –

<https://www.youtube.com/watch?v=UNTpZkiiqUs>

1. Take your container (1 pt canning jar) and put a layer of sugar on the bottom.
2. Make a layer of strawberry slices and pieces.
3. Cover with sugar.
4. Tap down by tapping the jar on the table and add more only if necessary.
5. Alternate until the jar is full, ending with a layer of sugar.
6. Keep in the fridge until the sugar has turned into syrup and the strawberries are partially dehydrated, then eat. About a month for them to “finish”.

Steven Angelo - Interestingly, your post mentioning rose sugar made me research it to see if it was exactly what it seemed to be (it is); and in doing so, I came across this article that cites a 1594 recipe for such.

So at least 16th century if not quite “period”.

“ The following is a recipe from Delights for Ladies by Sir Hugh Platt, published in 1594: Dip a rose that is neither in the bud, nor over-blowne, in a sirup, consisting of sugar, double refined, and Rose-water boiled to his full height, then open the leaves one by one with a fine smooth bodkin either of bone or wood; and presently if it be a hot sunny day, and whilst the sunne is in some good height, lay them on papers in the sunne, or else dry them with some gentle heat in a close roome, heating the room before you set them in, or in an oven upon papers, in pewter dishes, and then put them up in glasses; and keepe them in dry cupboards neere the fire. You may prove this preserving with sugar-candy instead of sugar if you please.”

See the full post: <https://toriavey.com/.../the-old-fashioned-way-sugared.../>

[Daniel Myers](#) - *To preserve all kind of fruits that they shall not break in the preserving. Take a Platter that is plaine in the bottom and lay Sugar in the bottom, then Cherries or any other fruit, and so between every row you lay, throw sugar and set it upon a pots head, and cover it with a dish, and so let it boyle. [A Book of Cookrye (England, 1591)]*

[MaryAnne Anja Bues Bartlett](#) These don't need to be boiled... is it possible that the "boyle" above means to ferment?

[Daniel Myers](#) I don't think so. The language around recipes was pretty stable by then.

[Ea Fleming](#) *Petits Propos Culinaires (PPC) #20, "Rose Sugar and Other Medieval Sweets"* by Joop Witteveen, has two definitely period methods of making rose sugar ("suker rosaet). Layers are not specified, but, looking at [Steven Angelo](#) link, those roses don't appear to be layered either. The "Naturen Bloeme" recipe, between 1265 and 1270, says: "*Rose sugar (suker rosaet) is made in the following way: rose petals that have been rubbed fine with sugar are put in a glass jar and left in the sun for 30 days; the contents must be stirred daily; the jar must be well sealed and it will remain good for three years.*" (*Eelco Verwijs, Jacob van Maerlant's Naturen Bloeme.*)

Witteveen also cites a 1600 Dutch recipe: "*Take as many red roses as you wish and rub them very fine, adding three times as much sugar. Mix this well and set it well sealed in the sun. Mix it now and then with a spatula.*" (*Carolus Battus, Seccret-Boeck van veele diversche en heerlicke Consten in veelderleye Materiën.*)

Those two seem to say the same thing so that looks like at least 400 years in The Netherlands of making rose sugar.

Seed Cake (English, 1640) - Anja's recipe, edited from <https://shakespeareandbeyond.folger.edu/2019/03/12/seed-cake-recipe-thomas-tusser/?fbclid=IwAR279hBfaLilyd1kwy9gWsHmvfdderd6Y9C6dN2McLG3SDwDl6V7cx-S6uY>

A finished batch[/caption]

INGREDIENTS

- 2 stick butter, room temperature
- 2 Tbsp vanilla (extracted in rum)
- 1 cup sugar
- 2 eggs
- 1/4 cup plus 1 teaspoon caraway seeds
- 1/8 tsp ground cardamom
- 1/2 teaspoon mace
- 1 teaspoon salt
- 2 cup flour
- 4 egg whites (yolks can be saved for something else)



PREPARATION

1. Preheat your oven to 350°F.
2. Prepare 3 silicone 6-muffin-top baking molds and place on cookie sheet/s.
3. In mixer (large bowl), cream butter, vanilla, and sugar.
4. Add two whole eggs.
5. One at a time add caraway, cardamom, mace and salt.
6. 1/2 cup at a time add flour.
7. Set aside.
8. Using a mixer (a 2nd large bowl), whip the egg whites until they hold their form.
9. Fold the cake batter very gently into the whites maintaining the fluffiness of the whites even if it means the batter looks clumpy.
10. Pour the batter into your prepared molds.
11. Place it on a baking sheet in the middle of the oven.
12. Bake for 30-40 minutes until golden and set in the middle.
13. A cake tester will come out clean when it is completely cooked. Allow to cool for 10 minutes before flipping onto clean cloth. Either serve warm or when completely cool, store air-tight.

NOTE - Serve warm or room temperature with tea, coffee, fresh fruit, or preserves.

Apple Compote - Apple Muse This was followed directly from the recipe below

Apple Compote - Apple Muse – from *Two Fifteenth-Century Cookery-Books.: HARLEIAN MS. 279 (ab. 1430), & HARL. MS. 4016 (ab. 1450), WITH EXTRACTS FROM ASHMOLE MS. 1439, LAUD MS. 553, & DOUCE MS. 55.: EDITED BY THOMAS AUSTIN. -*
<https://quod.lib.umich.edu/c/me/CookBk?rgn=main;view=fulltext>

lxxix. Apple Muse.—Take Appelys an sethe hem, an Serge. [Sift.] hem þorwe a Sefe in-to a potte; þanne take Almaunde Mylke & Hony, an caste þer-to, an gratid Brede, Safroun, Saunderys, & Salt a lytil, & caste all in þe potte & lete hem sethe; & loke þat þou stere it wyl, & serue it forth.*

Apple Muse – Take apples and stew them and sift them through a sieve into a potte, then take almond milk and hony and cast there-to, some grated bread, saffron, saunders and a little salt, and cast all in the pot and let him simmer, and like that you stir it well and serve it forth.

Pear pudding – Combined set of recipes

- 6 Bartlett pears, as ripe as possible
- 2 cups pinot grigio (sweet white wine)
- ¼ tsp clove
- 3 TBSP honey
- 3 lebkuchen

Method

1. Core and slice pears.
2. Toss into crockpot with the rest of the ingredients and cook on low overnight, stirring occasionally. Let cool so it can be handled.
3. Put a colander over a bowl and pour the pears in. Stir to let the liquid through.
4. Put the solids in another bowl and stir in bread crumbs, 1/4



cup at a time. Let stand 15 minutes and stir before adding more. Ours took only 1/2 cup to get it to pudding consistency.

5. Heat before serving. Add 1 TBSP butter per cup.

MI 128, fol. 319r - Latwary* von regelpiren**[http://www.ubs.sbg.ac.at/sosa/lucull/MI128\(6\).htm](http://www.ubs.sbg.ac.at/sosa/lucull/MI128(6).htm)

Wildu machen gut latwary von Regelpiren, So schel dy piren schon und sneyt si zw virtailen und tue di kernn dar aus und tue si dan di piren in ein hefen und setz sy auf ein glut und geuss ein virtail wasser dar an und vermach den hafem daz der tunst nicht aus ge. Wenn si sein dan genug haben, So stoss si klainn und tu es in ein kessel und setz auf einen drifuz uber ein gute glut und ruer es albeg und ye pey ein weil so geüss ein winczigs honnig dar an und stupp sie wol ab mit gutem geburcz, so werdent si gar gut.

Latwerge aus Birnen*

*Latwerge * from pears*

If you want to make good bulwarks out of pears, then peel the pears carefully, cut them into four pieces and core them. Then put the pears in a jar and put it on the embers. Add the fourth part of water and put a lid on it so that the steam can not escape. When they are steamed enough, crush them, put them in a cauldron, put them on a tripod, and make nice embers underneath. Stir constantly and add a little honey after a while. Season them well, then they will be very fine .

** Latwerge = fruit cheese; heavily cooked Mus*

*** Old pear variety*

Pear Mousse - Original from *Das Kochbuch der Sabina Welserin* (no 113) circa 1553. Modernised version by Brigitte Webster - <https://thetudortravelguide.com/2019/10/26/anne-of-cleves-inspired-tudor-recipes/>

- 500g pears ('Warden' if possible)
- Sweet white wine
- 1 teaspoon cinnamon
- ½ teaspoon ground cloves
- 3 tablespoons sugar
- Toasted breadcrumbs

“Ein gutes Birnenmus machen “

Peel and cut the pears; boil in sweet white wine until soft. Blend and add cinnamon, cloves, sugar and breadcrumbs and serve cold or warm.

113 To make a good pear pudding - Welserin

Cook the pears in good wine and strain them and put cinnamon, cloves and sugar therein and a toasted Semmel, then it is ready.

Appetizers, hot

Girdle Cakes [Kit version 2/20] adapted from

<https://www.dublininquirer.com/2019/03/06/how-to-cook-medieval-legume-girdle-breads>

Makes 2 cakes

Ingredients

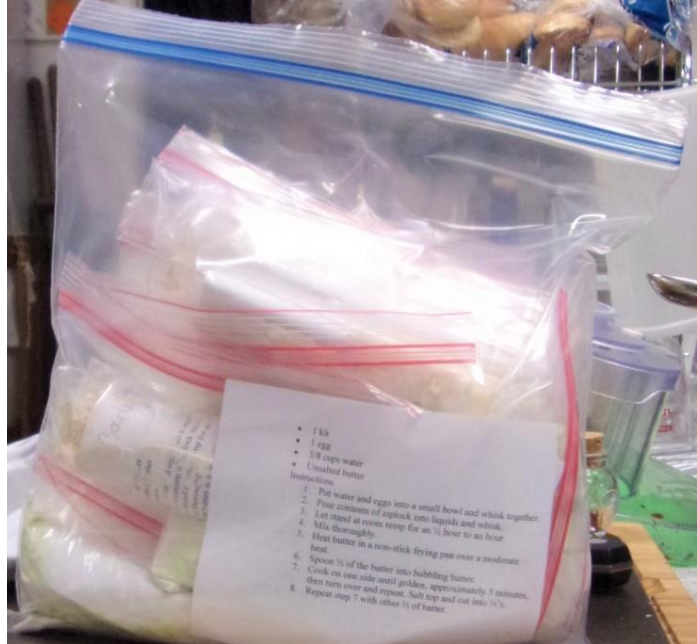
- 1/3 cup. wheat, barley or oat flour
- 1/3 cup pea, bean or garbanzo flour)
- 1/2 tsp. salt
- 1 egg
- 3/8 cups water
- Unsalted butter
- 2 tsp of caraway seed, mustard seed or other flavoring. (opt)
- Salt

Method

1. Whisk the flours together, then mix in the salt and seasonings.
2. Put in a Ziploc.

On feast day....

3. Put water and eggs into a small bowl and whisk together.
4. Pour contents of ziplock into liquids and whisk.
5. Let stand at room temp for an ½ hour to an hour.
6. Mix thoroughly.
7. Heat butter in a non-stick frying pan over a moderate heat.
8. Spoon ½ of the batter into bubbling butter.
9. Cook on one side until golden, approximately 5 minutes, then turn over and repeat. Salt top and cut into ¼'s.
10. Repeat step 9 with other ½ of batter.



Note – The original of this recipe with the amounts suggested above supposedly made a dough. No, it made a *batter*, so these instructions reflect that.

Spemat (Gogor found this recipe a long time ago) a 1 inch roll of large leaves is about 2 large feast servings (perfect for 4 "tastes") and takes 1 egg.

Ingredients

- About 20 sorrel leaves
- Stick butter
- 1 hard-boiled and cooled egg
- 1 TBSP currants

Method

1. Harvest and wash your sorrel, making sure you get rid of the snails!
2. Roll the leaves up and cut crossways (chiffonade).
3. Melt butter in saucepan.
4. Wilt the sorrel, just until it changes color, sprinkle with salt.
5. Stir.
6. Using a slotted spoon remove to serving dish, leaving excess butter behind.
7. Sprinkle with currants or raisins and top with chopped hard-boiled egg.
8. Serve warm with a draining spoon unless you drained it in step 6.



3pm hot dish – French toast

Filling (needs standing time)

- 6 pears, bartlett
- 2 granny smith apples
- 2-3 inches of ginger root
- 1 TBSP cracked aniseed

Method

1. Peel, core, chop apples and pears.
2. Peel, chop ginger.
3. Sprinkle with aniseed.
4. Cook for 5 minutes in a microwave.
5. Stir.
6. Use a potato masher or food processor if necessary to get small enough.
7. May stop at this point to let flavors develop (6 hours) and then freeze.



For the hot dish

- 3 eggs, plus 9 eggs
 - 1/2 cup Milk
 - 1 TBSP ground nutmeg
 - Bread, sliced thin.
1. Strain filling after thawing to get extra liquid out (save this for hot cereal or tea!)
 2. Add 3eggs to thawed filling and stir well
 3. Mix 9 eggs with milk (a bullet works well for this).
 4. Add nutmeg and let stand (fridge) for 1 hour. Re-stir.
 5. Pour egg mix into a low bowl.
 6. To make each toast, use the filling like jam between two slices of bread.
 7. Dip one side in the egg mix, then flip and dip the other side.
 8. Drop into melted butter in a fry pan, when one side is browned flip and do the other.



10. Ein spise von birn (A food of pears)

Nim gebratene birn und sure epfele und hacke sie kleine. und tu dar zu pfeffer und enis und ro eyer. znit zwo dünne schiben von dünne brote. fülle diz da zwischen niht vollen eines vingers dicke. mache ein dünnez blat von eyern und kere daz einez dor inne umm, und backez mit butern in einer phannen biz daz ez rot werde und gibz hin.

Take roasted pears and tart apples and chop them small. And add thereto pepper and anise and raw eggs. Cut two thin slices from thin bread. Fill this in between not too full, of a finger's thickness. Make a thin leaf of eggs and turn that therein about and bake it with butter in a pan until it becomes red and give out.

Appetizers, cold

Pickled eggs with beets & onion for 50 (feast servings, ½ egg per) Canned Beet Method

Ingredients

- Pickle broth (Gallon recipe, below)
- 2 Dozen Fresh eggs
- 4 white or yellow medium onions
- 2 Dozen cloves garlic
- 2 Cans pickled beets
- Caraway seed or fresh fennel (one or the other!)
- 2 or 3 quart jars.

Method

1. Slice onions and sliver or press garlic.
2. Add to pickle broth with the sugar and simmer until cooked, stirring until the sugar dissolves.
3. Strain solids. Reserve liquid. Let stand until cool. (overnight in fridge)
4. Hard-boil eggs, shell and cool overnight.
5. Use two single quart containers and put a dozen eggs in each one. (YMMV, that's why you should have 3 jars.
6. Sprinkle well with caraway or chopped fresh fennel
7. Put ½ the onion/garlic solids in each
8. Tuck the beets into the jars.



24 hours later!

9. Add enough of the pickle broth to cover and let stand overnight. Taste the broth and add more spices to taste. Keep in the fridge.

10. Shake each day for 3 days, then eat. These should be eaten within two weeks.

Note – If you like it hot add a touch of prepared horseradish to each container. 1/8 teaspoon each. Don't add more unless it's still "too tame"

Pickled Mushrooms

Ingredients

- ½ tsp prepared horseradish
- 3 cups burgundy (may need more)
- 1/4 of a whole nutmeg
- approx. 1/2 cup of salt
- 1/2 tsp ground mace
- 2 slices fresh ginger
- 3.5 lb whole mushrooms

Method

1. Put everything but the mushrooms & salt into a pot and bring to a boil. Reduce to a simmer and cook for about 10 minutes.
2. Strain and keep pickle broth and residue separately. Refrigerate.
3. Wash the mushrooms and remove the stalks.(Use the stalks in stew or something.)
4. Put the mushrooms in a heavy bottomed pan, then throw the salt over them.
5. Let stand overnight.
6. Heat the mushrooms well and cook, stirring frequently, until the mushrooms have coloured and shrunk considerably. A lot of liquid will leach out of them. Strain the mushrooms, and put on a towel so they can dry and cool.
7. Put the spice residue in the bottom of a canning jar, then add the mushrooms.
8. Pour the pickle broth over the mushrooms. Ensure the mushrooms are completely covered by the liquid. You may need to add some of the wine.
9. Put the jar of mushrooms in the fridge and leave to steep at least overnight.
10. Keep refrigerated.



Winter Pickle Recipe (generic) – Used various canned beans and asparagus this year.



1. Take your vegetable(s) and cut up to bite or finger sized. This means to “coin” carrots/parsnips, dice turnip, cut asparagus to 3 inches or so.

2. Pack in canning

jar

3. Pour cold pickling broth (recipe follows) over contents and cap.
4. Let sit overnight before eating.



Gallon Recipe for Pickling broth – This does not make quite a full gallon and amounts are not exact (not for someone who is OCD, anyway). You can boil some more vinegar to top it up or just leave it.

Ingredients

- 2 garlic bulbs
- 2 lg onion
- 6 cup water
- 5 cup cider vinegar
- 2 cup sugar
- ½-1 cup salt (depends on taste)
- 1/3 cup dill (may be changed for other spices/herbs)
- 1/3 cup celery seed (may be changed for other spices/herbs)
- 1/3 cup caraway seed (may be changed for other spices/herbs)

Method

1. Peel, stem and root the onions.
2. Cut in ½, then slice across the grain.
3. Put into the gallon container. (You can feed ½ ring at a time.)
4. Peel the garlics. Put in the pot.
5. Add the ingredients to the pot.
6. Bring to a boil.
7. Stir well.
8. Pour into gallon container.
9. Repeat with other ½ of ingredients.
10. Cool in fridge.
11. Store in frig, ready to eat next day, keeps several weeks.



Cheeses

Almond cheese – Edited Recipe - Makes approximately a quarter of a pound of "cheese"

Make thick almond milk, first

- 5 cup ground almonds
- 2 cup water

1. Put in food processor and whirl until creamy.
2. Strain through a fine sieve to get the almond bits out.
3. Then put the following into a pot and heat to boiling. Be careful not to overheat or burn.

- 2 cups thick almond milk
- 1/2 tsp. salt
- Pinch saffron, rubbed (optional)

4. Heat for five minutes and then add vinegar to your almond milk. It will immediately thicken and start to curdle. You can also add a dash of wine to the mixture instead of vinegar. Continue to cook for another five minutes or so stirring so that the milk doesn't burn.



- 1/2 TBSP. red wine vinegar
- Sugar or salt to taste
- Flavorings (powder douce, garlic and rosemary, or whatever suits you) Suggested 2 tablespoons of sugar plus 2 teaspoons of the powder douce
 - Garnish (comfits, flowers, fresh herbs, etc.)

5. Remove from heat and strain through a cheesecloth for several hours or overnight.

6. When the dripping has stopped, remove the almond mixture from the cloth and place it in a bowl. Discard liquid.

7. Add sugar (or salt) to taste in the bowl. If the mixture is a bit too dry or crumbly wine can be

- added as well. Flavorings can be added in the bowl (stronger) or while cooking (milder)
8. Garnish

The flavor is good, in fact it tastes like pumpkin pie without the pumpkin! The texture is good, like a cream cheese spread. There's a slightly bitter aftertaste that is either the amount of cinnamon, or the red wine vinegar, mostly likely, but after the first bite, you don't notice it at all.

Excerpted from <http://www.florilegium.org/files/FOOD-DAIRY/Al-Milk-Cheese-art.html>

a fyne xij. Fride Creme of Almaundys. — Take almaundys, an sta?«pe hem, an draw it vp wyth thykke mylke, y-temperyd wyth clene water; throw hem on, an sette hem in fe fyre, an let boyle onys : fan tak hem a-down, an caste salt)7er-on, an let hem reste a forlongwey or to, an caste a lytyl sugre Jier-to ; an J^an caste it on a fayre lynen clothe, fayre y-wasche an drye, an caste it al a-brode on fe clothe with a fayre ladel : an let Je clothe

ben holdyn a-brode, an late all j^e water vnder-nethe fe clothe be had a-way, an panne gadere alle fe kreme in fe clothe, an let hongy on an pyn, and let fe water droppe owt to' or .iij. owrys ;) an take it of Je pyn, an put it on a bolle of tre, and caste whyte sugre y-now)7er-to, an a lytil salt and if it Tvexe Jikke, take swete wyn an put Jjer-to 'pat it be nojt sene : and whan it is I-dressid in the maner of mortrewys, take red anys in comfyte, or J'e leuys of borage, an sette hem on Je dysshe, an serue forth.

Recipe can be found here: [Full text of "Two fifteenth-century cookery-books. Harleian ms. 279 \(ab. 1430\), & Harl. ms. 4016 \(ab. 1450\), with extracts from Ashmole ms. 1429, Laud ms. 553, & Douce ms. 55" \(http://www.archive.org/stream/twofifteenthcent00aust/twofifteenthcent00aust_djvu.txt\)](#)

For more information on this and similar recipes, please visit Dan Myers "Medieval Cookery" at <http://www.medievalcookery.com>

xij - Fride Creme of Almaundys. Take almaundys, an stampe hem, an draw it vp wyth a fyne thykke mylke, y-temperyd wyth clene water; throw hem on, an sette hem in the fyre, an let boyle onys: than tak hem a-down, an caste salt ther-on, an let hem reste a forlongwey (Note: Other MS. forlange.) or to, an caste a lytyl sugrether-to; an than caste it on a fayre lynen clothe, fayre y-wasche an drye, an caste it al a-brode on the clothe with a fayre ladel: an let the clothe ben holdyn a-brode, an late all the water vnder-nethe the clothe be had a-way, an thanne gadere alle the kreme in the clothe, an let hongy on an pyn, and let the water droppe owt to (Note: two.) or .iij. owrys; than take it of the pyn, an put it on a bolle of tre, and caste whyte sugre y-now ther-to, an a lytil salt; and 3if it wexe thikke, take swetewyn an put ther-to that it be no3t sene: and whan it is I-dressid in the maner of mortrewys, take red anys in comfyte, or the leuys of borage, an sette hem on the dysshe, an serue forth.

12. *Cold Cream of Almonds. Take almonds, and stamp them, and draw it up with a fine thick milk, tempered with clean water, throw them on, and set them on the fire, and let boil once: then take them down, and cast salt thereon, an let them rest a furlongway or two, and cast a little sugar thereto; and then caste it on a fair linen cloth, fair washed and dried, and cast it all above on the cloth with a fair ladle: an let the cloth be held above and let all the water underneath the cloth be had away, an than gather all the cream in the cloth, and let hang on a pin, and let the water drop out two or three hours; then take off the pin and put it in a bowl of wood, and caste white sugar thereto that it is not seen: and when it is dressed in the manner of mortrewys, take read anise in <http://giveitforth.blogspot.com/2015/09/comfits.html>" comfit, or the petals of borage, and set them on the dish, and serve it forth.*

Almond milk link - <http://giveitforth.blogspot.com/2015/01/almond-milk.html>

111 If you would make almond cheese - Welserin

Take a half pound of almonds and rose water and sugar and clarified butter. And set it in a dish and pour almond milk over or on it, then it is ready.

Anja's Tvarog – Babicka's method

Ingredients

- ½ gallon jar
- 1 ½ cups cultured buttermilk
- 4 1/2 cups milk
- ½ -1 cup cream
- ¼ cup salt (or less, to taste) See note.

Method

1. Shake together well and set in a warm place for 24-48 hours.
2. When it begins to



Figure 2 - tvarog with caraway and shallots



separa

te and feels thick (like sour cream) pour out into a large cookpot. *

3. Slowly bring up to 120F and cook for 20-40 minutes, stirring well.

4. Strain through 4 layers of cheesecloth and hang to drip out at least 2 hours.

5. Then set the cheesecloth and contents into a strainer over a bowl and put in the fridge for 8-12 hours. (Use for baking at this point...)

6. Tip out into a small box, break up and salt, then smooch back together and let stand for at least 24 hours before using.

* Note1 – If you use no salt the cheese must be used within 24 hours. With the salt, it keeps for a week, at least. Unsalted tvarog is what is used as fillings for kolace and babovka.

**Note2 – If you have a crockpot, you can use that for the cooking. It needs to reach 120-130F and not go above that temp. Use a good thermometer and check every 15 minutes the first time you make this. If you don't get 40 minutes before it goes past 130F, plan to turn off and unplug the crockpot and wrap in several towels or a blanket for the 40 minutes. This makes a slightly creamier tvarog than the "drier" stovetop method.

Potted Cheddar with Bacon and Shallots

- Cook Time: 30 minutes
- Total Time: 30 minutes
- Yield: about 1 pint

Ingredients

- 2 tablespoons butter
- 8 ounces bacon
- 2 medium shallots, sliced paper thin
- 12 ounces sharp cheddar cheese shredded
- 1 cup heavy cream
- 2 tablespoons burgundy (or dry or cream sherry or even dark beer, have done it with all of these)



Method



1. Melt butter in a pan and fry bacon over medium-high heat until cooked through and crispy.
2. Remove the bacon from the pan, and set the strips on a rack to cool slightly and degrease.
3. Decrease the heat to medium-low.
4. Toss the shallots into the hot fat, and sauté them until deeply fragrant and browned, about 15 minutes.
5. Combine bacon and cheddar in a food processor and pulse until well-blended.
6. Add the shallots and pulse until mixed, then the cream, then sherry to the bacon and cheddar, and continue to process them together until they form a smooth, spreadable paste.
7. Spoon the cheese spread into a jar or into ramekins, and either serve right away or store, carefully covered, in the fridge for up to a month. Remember to bring the potted cheddar to room temperature before serving, and spread over crackers or bread as an appetizer or starter.

Breads

Dark Pumpernickel Rye Bread – Not period as a recipe, but this is delicious. The name of the bread dates to the 1400's in Westphalia. The problem is that there are no recipes or even lists of ingredients. Of the various recipes we tried, this is the only one that came out moist and slightly sweet.

Yield: 1 loaf

Ingredients

Small (1 lb. bread machine)

- 1¼ cups bread flour
- ⅔ cups medium rye flour
- 4 tsp cocoa powder
- 1 tsp sugar
- 1 tsp salt
- ½ tsp onion powder
- 1½ tsp RED STAR Active Dry Yeast
- ½ cup, plus 1 Tbsp brewed coffee (cooled to 120-130°F, warm but not too hot to touch)
- 1 Tbsp vegetable oil
- 1 Tbsp dark molasses



Medium (1½ lb. bread machine)

- 2 cups bread flour
- 1 cup medium rye flour
- 5 tsp cocoa powder
- 1½ tsp sugar
- 1½ tsp salt
- ¾ tsp onion powder
- 1 package (2¼ tsp, ¼oz, 7g) RED STAR Active Dry Yeast
- ¾ cup, plus 2 Tbsp brewed coffee (cooled to 120-130°F, warm but not too hot to touch)
- 2 Tbsp vegetable oil
- 2 Tbsp dark molasses

Large (2 lb. bread machine)

- 2 $\frac{2}{3}$ cups bread flour
- 1 $\frac{1}{3}$ cups medium rye flour
- 2 Tbsp cocoa powder
- 2 tsp sugar
- 2 tsp salt
- 1 tsp onion powder
- 1 Tbsp RED STAR Active Dry Yeast
- 1 cup, plus 1 Tbsp brewed coffee (cooled to 120-130°F, warm but not too hot to touch)
- 3 Tbsp vegetable oil
- 3 Tbsp dark molasses

Bread Machine Method

1. Have all ingredients at room temperature. Place ingredients in a pan in the order recommended by manufacturer. Select BASIC or White Bread cycle and MEDIUM or NORMAL crust. Check dough consistency after 5 minutes of kneading. The dough should be in a soft, tacky ball. If it is dry and stiff, add water, 1 tablespoon at a time. If it is too wet and sticky, add 1 tablespoon of flour at a time.



Rising, Shaping and Baking

1. Place dough in lightly oiled bowl and turn to grease top. Cover; let rise until dough tests **ripe**, about 1 hour. Turn dough onto lightly floured surface; punch down to remove air bubbles. On lightly floured surface, shape dough into a round loaf. Place on lightly greased cookie sheet or in 8-inch layer cake pan. Cover; let rise in warm place until indentation remains after touching (about 30 minutes). Bake in preheated 400°F oven for 30 to 35 minutes. Optional: Combine $\frac{1}{4}$ cup water and $\frac{1}{2}$ teaspoon cornstarch; heat to boiling. Five minutes before the loaf is finished baking, remove from oven and brush top with cornstarch glaze. Sprinkle with caraway seeds, if desired. Return to oven and bake approximately five more minutes until glaze is glossy and loaf sounds hollow when tapped. Remove from pan; cool before slicing.
- 2.
3. *You can substitute Instant (fast-rising) yeast in place of Active Dry Yeast. When using Instant Yeast, expect your dough to rise faster. Always let your dough rise until ripe. Traditional methods: use equal amounts; Bread Machine: use $\frac{1}{2}$ tsp Instant Yeast OR $\frac{3}{4}$ tsp Active Dry Yeast per cup of flour in your recipe. Visit our [Lessons in Yeast & Baking](#) for more information.

Recipe featured at [Food Wanderings](#).

Loren's basic bread loaf recipe for a 2 pound breadmaker

- 1 1/2 cups warm water
- 1/4 cup plain sugar
- 1 Tbsp salt (approx or less)
- 2 1/2 tspn yeast
- 1 Tbsp bacon fat (or less to taste)
- 4 Cups Unbleached cheap white flour



Mix it all together until it resembles bread dough, let it rise a couple times, somewhere warm, like in an oven at 125, until it looks like something that should be cooked, then scorch it at 350 degrees for about half an hour until it appears edible. Modify these directions as needed to make it work.

[Anja's translation: He uses a bread maker on dough cycle, so dump stuff into the bucket and turn the thing on. Check it after about 10 minutes (this depends on your breadmaker, during the 2nd mixing....) to make sure the flour is all "in". When the cycle ends, shape it and let rise in a 125 oven for 15-30 minutes. Bake at 350 for 20-25 minutes.]

Variations

- Rye/Caraway - Replace 2 cups of the white flour with rye and add 1 1/2TBSP caraway seed. This dough usually takes additional water. Check after the first "rumpus" of the bread maker (on mine, after 10 minutes)

Flavored Butters – Somewhat period, at least peri-oid...

1. General Directions - Peel the paper off the cubes of 1 pound of butter, set in a mixing bowl (or food processor bowl), covered, and let stand at room temperature for an hour, at least.
2. Add the flavoring ingredients to the butter and whip, mix or process until “smooth” (some butters, like nut butters, stay lumpy)
3. Put into air-tight containers, let sit overnight and keep in the fridge for up to a month. Some need “standing time”
4. Quantity can be halved.



Variations



Dill/Onion Butter

2/3 cup fresh dill (or 1/3 cup dried)
1/4 cup onions, chopped
1 clove garlic

Garlic butter

2 bulbs of garlic, peeled and chopped (you can use 1/4 cup of pre-minced stuff from the produce department of the grocery store, instead)
Pinch of salt

Garlic butter

2 bulbs of garlic, roast at 350, covered and oiled for about 45 minutes (until soft). Peel.
Pinch of salt.

Herb/Onion butter – 1/4 cup of mixed, dried, crushed herbs (sage, basil, thyme, oregano), plus 1/2 an onion

Roasted





Honey butter – great on morning toast

½ cup of honey
Pinch of nutmeg

Bacon and Blue Cheese Butter Recipe

3 strip bacon, cut into 3 pieces
1/2 pound butter (1 stick), softened to room temperature
1/2 cup blue cheese, crumbled

Cook bacon. Drain, pat dry and chop the bacon into very fine pieces. Add the bacon, blue cheese crumbles to the butter. Fridge overnight, at least.

Sources for butters

Picked up from Stefan's Florilegium – Mostly honey butter seems to have been a medicine, in period, but there is some evidence for flavored butters earlier, not in recipe books, but descriptions. However the Florilegium has the following:

Hugh Plat's "Delightes for Ladies", which is dated 1609 and is thus, according to the arbitrary cut-off date set by Corpora, just past our period of study. "Most Dainte Butter. This is done by mixing a few dropps of the extracted oyle of sage, cinamon, nutmegs, mace, etc. in the making vp of your butter: for oyle and butter will incorporate and agree verie kindely and naturally together.

Another Plat source, "Jewel-house of Arte & Nature", dated 1594.

2. How to make sundry sorts of most dainty butter with the saide oils. In the month of May, it is very usuall with us to eat some of the smallest, and youngest sage leaves with butter in a morning, and I think the common use thereof doth sufficiently commende the same to be wholesome, in stead whereof all those which delighte in this heabe may cause a few droppes of the oile of sage to be well wrought, or tempered with the butter when it is new taken out of the cherne, until they find the same strong enough in taste to their owne liking; and this way I accoumpt much more wholsomer then the first, wherin you will finde a far more lively and penetrative tast then can be presently had out of the greene herbe. This laste Sommer I did entertaine divers of my friends with this kinde of butter amongst other country dishes, as also with cinnamon, mace, and clove butter (which are all made in one selfe same manner) and I knew not whether I did please them more with this new found dish, or offend them by denying the secret unto them, who thought it very strange to find the naturall taste of herbs, and spices coueied into butter without any apparent touch of color. But I hope I have at this time satisfied their longings. Ore, if by som means or other you may not give a tincture to your creme before you chearne it, either with roseleaves, cowslep leaves, violet or marigold leaves, &c. And thereby chaunge the color of your butter. And it may be that if you wash your butter throughly wel with rose water before you dish it, and work up some fine sugar in it, that the Country people will go neere to robbe all Cocknies of their breakfasts, unlesse the dairie be well looked unto. If you would keepe butter sweete, and fresh a long time to make sops, broth or cawdle, or to butter any kinde of fishe withall in a better sorte then I have seene in the best houses where I have come, then dissolve your butter in a clean galsed, or silver vessell & in a pan, or kettle of water with a slow and gentle fire, and powre the same so dissolved, into a bason that hath some faire Water therein, and when it is cold, take away the soote, not suffering any of the curds, or whey to remain in the bottome: and if you regarde not the charge thereof, you may either the first or the second time, dissolve your Butter in Rosewater as before, working them well together, and so Clarifie it, and this butter so clarified, wil bee

Soups

- Leek
- Aptel suppe
- Chicken/Barley/Mushroom

Anja's version of the Leek soup for a Fat Day

Ingredients (8 potluck servings)

- 5 leeks (2 inch or 8 1" (too much!!! This many would have made 24 servings!))
- beef broth 2 cups
- clove pinch
- nutmeg 3 grinds
- cinnamon 1/2 tsp
- Pepper (on the side)
- bacon fat



1. Using a 2 quart pyrex measure, boil 1 quart of water.
2. While that's going chop your leeks.
3. Once it boils toss the leeks into the water and let stand 5 minutes, then drain.
4. Melt bacon fat in the bottom of a deep frypan.
5. Toss the drained leeks in the fat until they begin to change color.
6. Add spices.
7. Pour broth over until just covered and stir.
8. Turn heat to low (you're trying to simmer), cover and cook or 10 minutes until the leeks are soft.
9. Can be kept warm in a crockpot for a couple of hours.

Aptel Suppe -

<http://www.godecookery.com/begrec/begrec55.htm?fbclid=IwAR048DnbSk4iCzSJOH2eNt4mOSQs1qiErur-ig-OBgUxfhtB9BJg2SEsvvo>

PERIOD: Modern | SOURCE: Contemporary Recipe | CLASS: Not Authentic

DESCRIPTION: A traditional German apple soup

- 2 lbs. apples, cored, cut in small pieces
- 2 qts. water
- 1 Tbs. lemon rind, grated
- 1 stick cinnamon
- 1/8 tsp. salt
- 1 1/4 cup sugar
- 2 Tbs. rice flour
- 1/4 cup water
- 2 Tbs. lemon juice
- 1/2 cup white wine

Method

1. Cook apples with lemon rind, salt, cinnamon, & water.
2. Simmer, covered, until very tender.
3. Put through food mill (or processor) and add sugar.
4. Dissolve flour in the 1/4 cup water.
5. Add to soup slowly.
6. Cook until slightly thickened.
7. Stir to prevent burning.
8. Add lemon juice and wine.
9. Let come to a boil; remove from heat & serve or keep warm in crockpot.



Or

Replace steps 1-3 with: Take 3 quarts of apple juice and add lemon rind, salt, cinnamon and sugar (if needed), follow the rest though step 9, but put into a crockpot to keep warm until serving.

Quick Chicken and Mushroom soup

- 2 cups Chicken Broth (made in this case from the giblets and necks of the chickens, plus some salt)
- Chopped chicken bits (liver, heart, and bits of meat from the necks) (optional)
- 1 onion
- 1 cup barley
- 1 large can mushrooms



1. Strain the broth, first, if you made your own. Discard most of the giblets. Pick the accessible meat from the necks.... or just ignore this and toss all of it....
2. Measure the broth.
3. Taste to see whether it needs salt.
4. Chop onion and add.
5. Add barley and simmer until barley is soft.
6. Drain mushrooms and add to soup.
7. Add spices if you wish, but this had none.

Dishes Contemplated and tried, but not used....

Rice with almond milk and sugar from *Ein Buch von guter spise*

- 1 ½ cups of risotto rice
- 5 cups almond milk
- 1 tsp ground nutmeg
- sugar to taste

Method

1. Put ingredients into a crockpot on low overnight (6-8 hours)
2. Fluff with fork.
3. Sprinkle with brown sugar before serving. [We let people choose their own amounts, but for the feast we'll probably sprinkle it on before serving, just to make it easier on the servers]



74*. *Untitled* (Untitled)

Der wölle machen ein gut gesoten ris. der erlese ez schoene. und wasche ez schoene. und legez in einen hafen. und saltz ez niht ze vil. und siedeze biz ez trucken werde. und menge ez mit einer mandelmilich. und rüers ein wenic. biz daz ez aber siede. untz in sine dicke kumme. und gebz mit eime zucker dar. daz ist auch gut.

He who wants to make a good boiled rice, he selects it well and washes it well. And lays it in a pot. And does not salt it too much. And boils it until it becomes dry. And mixes it with an almond milk. And stirs it a little, until it but boils. And it becomes thick. And give it with a sugar there. That is also good.



Clams!

- Medieval clams recipe (video) - <https://www.youtube.com/watch?v=QfPJyoEbGpc&t=42s&fbclid=IwAR2bpXqYOiX8m dHxeJjS8wFvWLCv46KPI81Bd15RVFcXHU5tdjzGvqfGflg>
- Medieval clams recipe <https://historicalitaliancooking.home.blog/english/recipes/medieval-clams-recipe/>

Apples with Sweet Cicely

Ingredients:

- 1 1/2 pounds cooking apples
- honey or other sweetener to taste, about 1/4 cup honey
- 2 cups water
- 2 teaspoons minced sweet cicely

Core and chop apples. Put into a crockpot and add honey. Cook overnight. Use a potato masher to roughly mash down. Stir the sweet cicely into the apples and cool in the pan. Serve warm or cold with whipped cream.



Figure 3 - This is an onion pie, bread roll, swimming sausage and fried kraut

Sausages, swimming

- 1 pound pork
- 1/8 cup minced fennel
- 1 tsp horseradish
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp clove
- 1/4 tsp mace
- 1/4 tsp nutmeg
- Bottle red wine (use enough to float them in the pan)

1. Mix all together and form into fingers or patties.
2. Swim them in the wine in a saucepan and cook until done.
3. Juice can be thickened with flour

for a sauce.



Cherry tart – We decided to go with the first recipe, but added a thickener so that the pies wouldn't be sloppy! ...and then didn't have the cherries to do them....

Crust from purchased mix, cut to mini-pie size.

Filling

- Canned sour cherries
 - 1 cup Sugar
 - 1 tsp Cinnamon
 - 1 Tbps Pearl tapioca
 - Butter
1. Drain cherries (reserve juice)
 2. Measure 1 pint of cherries. Put into a large nukable bowl.
 3. Grind tapioca to powder and add
 4. Add sugar and cinnamon and stir well.
 5. Zap, 1 minute at a time, until the tapioca and sugar melt and disappear, stirring between zaps.
 6. Let cool.
 7. Following pic maker instructions, use the crust and the filling to make & bake the tarts.

123 To make a very good sour cherry tart – Welserin

Take a pound of sour cherries and remove all of the pits. Afterwards take a half pound of sugar and a half ounce of finely ground cinnamon sticks and mix the sugar with it. Next mix the cherries with it and put it after that in the pie shell made of good flour and let it bake in the tart pan.

130 To make a sour cherry tart – Welserin

Take the sour cherries, take out the stones and make a pastry crust as for the other tarts. Take bread crumbs from grated white bread and fry them in fat. Pour them on the crust, sprinkle sugar and cinnamon on top, Put the sour cherries in it, leaving their juice in the bowl, sprinkle it well with sugar and with cinnamon, make a crust on top of it, let it bake, as it is customary.



Homemade Hot Wine Mustard (It's purple!)

- 1/2 C dry mustard
- 1/4 C honey
- 1/4 C balsamic vinegar
- ¼ cup red wine
- 1 T olive oil
- 1 t salt
- 1/2 t ginger
- ½ tsp cinnamon
- 1/2 t garlic powder
- 1/2 t horseradish

Place all ingredients in a small saucepan. Cook over medium heat, stirring constantly until mixture thickens (this only takes a few minutes). Store in an airtight container in the fridge for up to a few months. It's a marvelous purple color! ...and great as a sauce on bread.



Springerle - Authentic German Springerle - Author: Kimberly Killebrew -

https://www.daringgourmet.com/authentic-springerle-recipe/?fbclid=IwAR2HfVkp0o xp8_pYv3JDgTs0REe6HLypVd tf1we2p7LtfMsP_Jwv6xkfJo0

Springerle are German anise-flavored cookies that go back at least 700 years in their rich tradition as special gifts during the holidays and other celebrations. Over time they

develop a delicately crispy-crunchy, shattering exterior and a slightly chewy center.



- Prep Time - 45 mins
- Cook Time - 25 mins
- Drying Time - 1 d
- Total Time - 1 d 1 hr 10 mins
- Servings: [34](#) Springerle (depending on size)

Ingredients

- 3 large eggs , room temperature
- 3 cups (350 grams) powdered sugar (confectioner's sugar)
- 1 teaspoon [quality pure vanilla extract](#) (or 2 packets of vanilla sugar)
- 1/4 to 1/2 teaspoon [quality 100% pure anise oil](#) (not extract), how much you use depends on how strong of an anise flavor you want.
- 3 cups (350 grams) all-purpose flour
- 1/4 teaspoon [baker's ammonia](#) *slightly less than 1/4 teaspoon (see blog post for explanation about baker's ammonia)
- 1/4 teaspoon salt
- zest of one lemon
- 2 tablespoons [whole anise seeds](#)

Instructions

1. Place the eggs in a stand mixer with the whisk attachment in place. Beat the eggs until foamy. Add the powdered sugar, a little at a time along with the vanilla extract and anise oil.
2. Once all the powdered sugar has been added continue to beat the mixture for 10 minutes. Yes, that's 10 full minutes. The batter needs to be very loose and airy.
3. Combine the flour, baker's ammonia and salt in a bowl. Add HALF of the flour mixture to the wet mixture along with the lemon zest and beat it for a full 15 minutes (if the mixture is too dry for your whisk attachment, use the paddle attachment).
4. Attach the paddle attachment, add the remaining flour and beat for another 5 minutes.
5. The dough should be very soft but not wet and sticky.
6. Form the dough into a ball, flatten it to an inch-thick disk, wrap it in plastic wrap and refrigerate for at least an hour or overnight.
7. The next day roll out the cold dough to about 1/3 inch thick (1 cm) on a floured work surface.
8. Use your molds or rolling pin to make the shapes and cut them out with sharp knife or pastry cutter. If you're using molds lightly dust them with flour to prevent the dough from sticking.
9. Toast the whole anise seeds in a dry pan over medium-high heat until aromatic, being careful not to let them scorch. Place the anise seeds on a lined cookie sheet, spreading them out evenly.
10. Lay the Springerle on top of the anise seeds on the baking sheet. Let them dry at room temperature for a full 24 hours, longer if you're in a place with high humidity. The outside of the Springerle should be dry.

11. After the cookies have dried for at least 24 hours, lay a damp towel on the counter and gently press the Springerle down onto it to very lightly and evenly moisten the bottoms. Return the Springerle back to the cookie sheet.
12. In an oven preheated to 300 degrees F with the rack positioned in the middle, bake the cookies for 20-30 minutes. Do not let the cookies turn golden, they're supposed to stay very pale, basically the same color as when you put them in the oven.
13. The Springerle should have risen evenly to create their characteristic "feet" or platform underneath. Let the cookies cool off completely. They will become very hard as they cool.
14. Springerle are traditionally stored in airtight containers with half of an apple next to them inside the container to create a little bit of moisture to gradually soften the cookies over time. Periodically change out the apple. Once the Springerle have slightly softened you can remove the apple and then continue storing them in the airtight container waiting for the flavor to develop.
15. Most Springerle bakers agree that waiting 3-4 weeks before eating them is best to allow the texture and flavor to develop.
16. Enjoy these Springerle on their own or, as is tradition, enjoy them with a hot beverage and dip them.
17. Makes about 34 Springerle depending on their size.

A Brief History of Springerle

These renowned cookies can be traced back to at least the 1300's to the Swabia region of southern Germany where they were regarded as charms for good luck, happiness and religious observance. Historically Springerle molds were a German baker's opportunity to show off his woodcarving skills. At that time baking apprentices in Swabia Germany not only had to demonstrate their ability to bake, they also had to carve their own Springerle molds as a kind of rite of passage to becoming a full-fledged, bona fide baker. The more intricate and detailed the mold, the more heralded the baker. These molds were passed down from generation to generation as treasured family heirlooms.

In fact, so prized were these family heirlooms that Germans immigrating to the United States in the 17th and 18th centuries would make space in their luggage just for their Springerle molds.

The themes of the Springerle molds changed throughout the centuries, transitioning from the earlier religious symbols in the 15th century to scenes of gallantry with knights on horseback, then on to the more romantic and highly detailed images of the 19th century with flowers, landscapes, and symbols of love, marriage and friendship. In the 20th century designs included things like Santa Claus, reindeer, and Christmas trees.

You can still buy both simple and elaborate wood-carved Springerle molds in Germany and you can also find antique ones that usually command a hefty price, especially the very detailed ones.





Marzipan Shortbread Cookies (not made)

Buttery, crisp, and ever so slightly chewy, these almond-laced cookies offer a flavorful twist on classic shortbread. Stamped to perfection with custom-made Nordic Ware stamps, these will surely distinguish themselves amidst the crowds of holiday cookies.

- PREP - 30 mins
- BAKE - 18 to 22 mins
- TOTAL - 55 mins
- YIELD - 2 dozen cookies



Ingredients

- 2 cups (241g) [King Arthur Unbleached All-Purpose Flour](#)
- 3/8 teaspoon salt
- 10 tablespoons (142g) soft unsalted butter
- 1/3 cup + 1 tablespoon (113g) [marzipan](#)
- 1/4 cup (50g) sugar
- 1/2 teaspoon [almond extract](#)
- 1 teaspoon [vanilla extract](#)
- 1 large egg yolk

Instructions

1. Preheat the oven to 300°F and have two ungreased baking sheets ready.
2. Whisk together the flour and salt; set aside.
3. In a medium mixing bowl, beat together the butter, marzipan, sugar, extracts, and egg yolk at medium-high speed until pale and creamy, about 1 minute, scraping the bowl as necessary.
4. Stir in the dry ingredients.

5. Scoop heaping tablespoon-sized balls of dough and space them about 3" apart on the ungreased baking sheets; a level [tablespoon cookie scoop](#) works well here.
6. Dip a [cookie stamp](#) in flour, center it over a ball of dough, and press it down until the dough is 1/4" to 3/8" thick.
7. Remove the stamp, tapping the edge firmly against the pan if the dough happens to stick.
8. Remove any excess dough if necessary or desired; it's easy enough to neaten up edges once the cookies have baked.
9. Bake the cookies until they're a light golden brown around the edges (their tops will still be pale), about 18 to 22 minutes.
10. Remove the cookies from the oven, cool them for a minute or two, then transfer them to a rack to cool completely.
11. Store leftover cookies in an airtight container for up to 5 days; freeze for longer storage.

Tips from our Bakers

If cookie stamps aren't part of your baking toolkit, the balls of dough can be pressed flat using the tines of a fork or the bottom of a glass or measuring cup.



Apple and cherry puffs

Apple puffs - created out of 3 recipes from Das Kochbuch de Sabina Welserin plus a fruit fritter recipe from Spruce Eats.

These are interesting. They're pretty easy to put together, and not particularly expensive. The hard part was deciding when they were done, so we fried them at several levels, when they "rose" (not done), when they "rose" and



were flipped and given that long again (apple still chewy, but very good), given until they began to brown (apple was quite cooked), and then to quite brown (too eggy, they got tough) It seems like the best level was just as they begin to brown, flip them and then let them start to brown again.

Yes, the dough is **very* eggy** and the fritter recipe had salt in it, which was a bad idea. Frying them in butter they don't need any at all.

We'll try another batch in the future that is 1 egg and add some extra water to thin it, so see whether the eggy dough is better or not.

They're tasty hot and still tasty when just warm. We'll have some for breakfast and let you know how they are, cold. ...and they were better cold than warm!

Apple puffs

- 1 cup sifted flour
 - 1 tablespoon [sugar](#)
 - 2 eggs
 - 1/2 cup water
 - 2 sticks butter
 - 2-3 apples depending on size. Or 1 can pitted pie cherries (not bing/sweets!)
1. Mix flour, sugar, eggs and water.
 2. Core apples and slice very thin. Chop pieces that don't slice.
 3. Melt butter and turn to high, so that a drop of water "spits" when it hits the butter
 4. Dip apples in batter and drop into pan. Fry separately.
 5. When the slices are gone(or if you're using cherries) mix the bits into the batter and fry like a fritter. Cherries should be 3-5 to a clump.
 6. Each pan takes about 5 ave before it floats and another 5 before it should be flipped...then 10 more and pull out with a slotted spoon. (How period of me...but I didn't have a stopwatch. These are *fast* and do not need to brown to be done. An Ave is between 15 and 20 seconds.)
 7. Sugar the tops with toast sugar, if you have it, or regular sugar. Confectioner's melts too fast. (1 pt cinnamon, 3 pts nutmeg, 20 sugar and add a 1/4 vanilla bean to the container, let sit for at least a week,)

Original

101 To make apple puffs - Das Kochbuch der Sabina Welserin

Then put flour in a bowl and put some fresh spring water therein. It should not be too thin. And beat the batter very carefully, thin it after that with eggs, and when you put the thin apple strips in the pan of butter, then shake the pan well, then they rise up.

165 To bake sour cherry puffs - Das Kochbuch der Sabina Welserin

Take hot water, lay fat the size of a walnut into it, and when the fat is melted, then make a batter with flour, it should be thick. Beat it until it bubbles, after that thin it with egg whites. If you like, you can also put a few egg yolks into it. Tie four sour cherries together, dip them in the batter and fry them. Shake the pan, then they will rise. The fat must be very hot.

166 To bake puffed apples - Das Kochbuch der Sabina Welserin

Take milk with a little water in it and heat it well, until you can still just stand to dip a finger into it. Make a firm batter with flour, beat it until it bubbles, lay eggs in warm water and thin the batter with them. Cut the apples in circles and as thin as possible, draw them through the batter and coat them with it. Shake the pan, then they will rise. And the fat should be very hot, then they will be good and rise nicely.